HAMMER
NUTRITION®
ENDURANCE FUELS & SUPPLEMENTS
NEW!
Recovery
Bar
Be a VIP
Join the club!
Fuel Right, Feel Great!®
Race Caps
Supreme
Proven results
1987-2012
25years
2012 PRODUCT CATALOG

25 Years and Counting!

Dear Athlete,

In this day and age, you may think that honest, customer-first businesses selling legitimate products have become extinct. Hammer Nutrition is a refreshing exception–no hype or chicanery, just great products, service, and knowledge.

For the past 25 years, my singular mission has been to help serious endurance athletes like you reach their highest levels of athletic performance and physical health safely, naturally, and legally, one completely satisfied client at a time. My commitment to this mission is as strong today as it was in 1987.

Our continual growth, sterling reputation, and devoted following amongst serious endurance athletes is unrivaled in the marketplace for three reasons:

1. Extremely effective products
2. Superlative customer service
3. Volumes of free knowledge

Give this catalog a thorough read, and then give us a call or go to our website to place an order today. We'll prove to you that we really are different.

I guarantee your satisfaction unconditionally–always have, always will.

Brian Frank
Proprietor

COVER PHOTO : Proprietor, Brian Frank, enjoys an early season ride in Tucson, Arizona.
Photo : Madeline Frank

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This catalog is printed on recycled paper. To help further the recycling process, instead of throwing this away when you're done, pass it along to a friend!

100% GUARANTEE
At Hammer Nutrition, if you are not completely satisfied with your purchase, you can return the remainder of the product within 30 days for an immediate refund or exchange.

None of the statements in this catalog should be construed as dispensing medical advice or making claims regarding the cure of diseases, nor can these products prevent heat stroke, hyponatremia, or any other results of excessive physical exhaustion. You, the athlete, must listen to your body and use common sense to avoid serious injury.

None of the statements contained in this catalog have been evaluated by the Food and Drug Administration. You should consult a licensed health care professional before starting any supplement or dietary program, or if you have any existing medical conditions.

A FREE product consultation is just a phone call away!

Selling the best endurance fuels and supplements in the world is not enough. You deserve to be treated fairly and honestly, and to have your individual needs promptly addressed to your satisfaction. Give us a call or send an email, and one of our expert Client Advisors will be glad to help you determine which products will benefit you most and answer any questions that you may have.

Order Today!

Cruise **www.hammernutrition.com**
for quick and easy ordering

Call **1.800.336.1977**
M-F, 9-5 MST

Buy **locally**
Check our online Dealer Locator

Our expert Client Advisors are available to answer your questions Monday–Friday, 9-5 MST

Our top-selling products!

Recovery made easy

- Reduce post-exercise soreness
- Rebuild muscle tissue
- Restore muscle glycogen

SIZE Single Serving
32 Servings

PRICE **$3.25** Single
$2.95 6 or more
$54.95 32 Servings

Featured on page 4

Rapid energy that lasts

- Rock-solid energy
- Made with real fruit
- Versatile & economical

SIZE Single Serving
Gel Sampler
26 Servings

PRICE **$1.40** Single
$1.30 12 or more
$19.95 26 Servings
$17.95 3 or more

Featured on page 10

A potent, legal performance enhancer

- Enhance energy & endurance
- Reduce muscle fatigue
- Increase workload capacity

SIZE 90 Capsules

PRICE **$47.95**
$44.95 3 or more

Featured on page 28

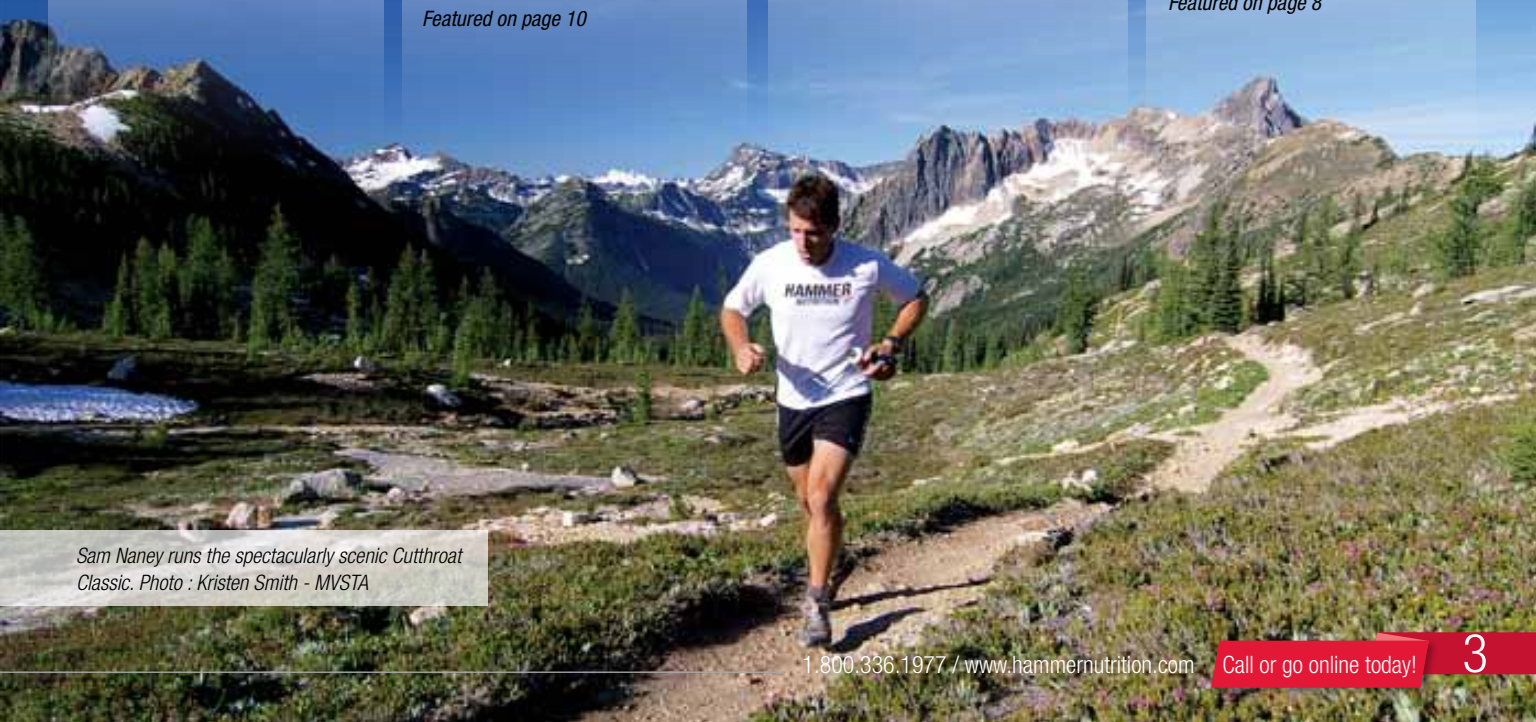
The #1 sports drink

- Steady energy
- Buffer lactic acid
- Help prevent cramps

SIZE Single Serving
32 Servings
80 Servings

PRICE **$1.95** Single
$1.80 6 or more
$27.95 32 Servings
$52.95 80 Servings

Featured on page 8



Sam Naney runs the spectacularly scenic Cutthroat Classic. Photo : Kristen Smith - MVSTA

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Recovery made easy

- Minimize post-exercise soreness
- Rebuild muscle tissue
- Restore muscle glycogen

How well you perform tomorrow depends on how well you recover today, which is why you can't cut corners when it comes to your post-workout fueling. Recoverite supplies your body with an ideal 3:1 ratio of complex carbohydrates and the highest quality whey protein isolate, along with generous amounts of multi-beneficial L-glutamine (a whopping three grams per serving!), the potent antioxidant L-carnosine, and a full-spectrum electrolyte profile.

The result is rapid and enhanced recovery, which allows you to obtain the maximum value from all of your hard workouts, ideally prepping your body for your next training session or race. You'll appreciate how easy it is to make, and you'll enjoy its pleasantly mild flavor. And don't forget, Recoverite makes a superb meal replacement drink as well. Make sure you're recovering right with Recoverite. Train hard, recover right today, and feel great tomorrow!

Real Athletes, Real Results!

"I have been using Recoverite for 4-5 months after being referred to you guys by a friend. The first thing I did after finishing a run was to mix it up and drink it to aid my recovery. I recently ran out of the product and decided that I would wait to buy more. Big mistake! For the first time in months I went out for a run and had a deep soreness in my legs! Needless to say, I will be placing an order soon. Thanks for the great product and service." - Matt F.

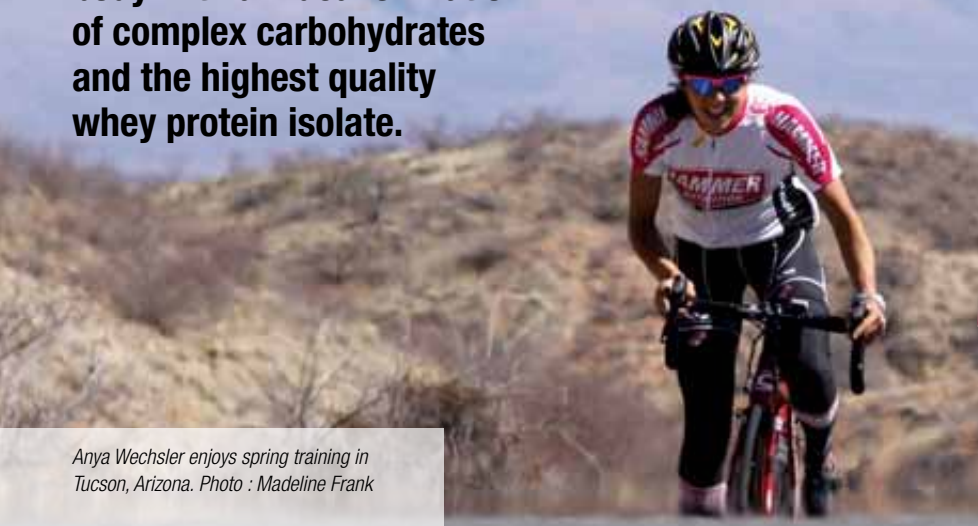
Available in

Easy-to-use single-serving packets!

SIZE Single Serving

PRICE **$3.25** Single
$2.95 6 or more*
**Mix and match flavors.*

Recoverite supplies your body with an ideal 3:1 ratio of complex carbohydrates and the highest quality whey protein isolate.



Anya Wechsler enjoys spring training in Tucson, Arizona. Photo : Madeline Frank

Recovery made even easier!

Blender Bottle
20 oz. total capacity, BPA-free bottle with patented stainless steel Blender Ball® inside.

PRICE **$7.95**

KNOWLEDGE

Ultimate recovery secrets

When you give your body what it needs immediately following exercise, it will respond wonderfully in the following ways:

- Increase stored muscle glycogen more quickly.
- Strengthen, not weaken, your immune system.
- "Kick start" the rebuilding of muscle tissue.

For optimal recovery, address four essential nutritional areas immediately after each exercise session:

Rehydration To maintain optimal hydration status, daily intake of 0.5 - 0.6 ounces of water per pound of body weight is ideal.

Carbohydrates Consume 30-60 grams of high-quality complex carbohydrates to replenish glycogen stores and aid in the rebuilding of muscle tissue.

Protein Consuming 10-20 grams of high-quality protein in your post-workout fuel provides critical raw materials to rebuild stressed muscles, enhance glycogen storage, and support proper immune system function.

Micronutrient Replenishment It's very important to replenish vitamins, minerals, and micronutrients depleted during exercise. This also provides a variety of antioxidants to neutralize the massive quantities of free radicals that have been created.

This subject is discussed comprehensively in *The Endurance Athlete's GUIDE to SUCCESS*. Details on page 62.

Available in
Resealable 32-serving bags

SIZE 32 Servings

PRICE **$54.95**

James Richman on his way to 3rd place at the 2011 Tri Cities Marathon. Photo : Rosi Guerero

Supplement Facts

Serving Size 2 level scoops (49g)
Servings Per Container 32

	Amount Per Serving	%Daily Value
Calories	170	
Total Carbohydrate	32 g	11%*
Sugars	2 g	†
Protein	10 g	20%*
Calcium	51 mg	5%
Iron	0.3 mg	2%
Magnesium	26 mg	6%
Chromium	33 mcg	27%
Chloride	60 mg	2%
Sodium	40 mg	2%
Potassium	30 mg	1%
Glycine 50 mg		†
L-Carnosine 60 mg		†
L-Glutamine 3 g		†
Tyrosine 17 mg		†

INGREDIENTS *(Strawberry Recoverite flavor shown)*
Maltodextrin, Whey Protein Isolate, L-Glutamine, Natural Flavors, Calcium Chelate, Xylitol, Magnesium Chelate, Stevia, Potassium Chelate, L-Carnosine, Glycine, Salt, L-Tyrosine, Manganese Chelate, Pyridoxine Hydrochloride, Chromium Polynicotinate.

SUGGESTED USAGE
To support enhanced glycogen storage and muscle reparation, mix one serving (2 level scoops) of RECOVERITE in 4-8 ounces of water and consume immediately after workouts and races. Consume another serving 60 minutes later if a solid food meal is not planned.

FLAVORS Chocolate, Citrus, Strawberry

NEW! Take a bite out of your recovery

Introducing the Hammer Recovery Bar, a delicious Peanut Butter-Chocolate bar loaded with 20 grams of premium protein. The end of a workout never tasted so good.

Complete details on page 14

HAMMER NUTRITION

1987–2012 25 Years of Endurance

Electrolytes done right

- **Superior cramp prevention**
- **Full-spectrum electrolytes in a well-balanced formula**
- **Versatile dosing for a variety of conditions**
- **Delicious flavors (Fizz)**

If the caloric fuels (Hammer Gel, HEED, etc.) you consume are the body's "gasoline," electrolytes are what keeps the octane high. In athletic terms, this means that many important bodily systems–muscular, nervous, digestive, and cardiac–require adequate levels of electrolytic minerals to perform optimally.

Endurolytes is exactly what you need, as it supplies your body with a well-balanced, full-spectrum, rapidly assimilated electrolyte source. Endurolytes helps keep cramping at bay while ensuring that all of the aforementioned bodily functions are "firing on all cylinders." Endurolytes complements a healthy, low-sodium diet and allows you to meet your widely variable electrolyte needs with tremendous precision, hour after hour, in all types of weather conditions.

SIZE 13 Tablet Tube
100 Wrapped Singles

PRICE **$6.50** Tube
$5.50 3 or more*
$39.95 Wrapped Singles
**Mix and match flavors.*

Real Athletes, Real Results!

"Decided to buy the Endurolytes Fizz after trying a free sample during the middle of a 10-mile run in 90+ degree weather… second half felt like I never ran the first! Hammer On!" - Patrick K.

"I didn't know anything like Endurolytes Fizz existed until I was given a tube by someone to try. I am sad on the one hand, as it is now on my "must have" list. Looking at price per serving, however, I think I can live with it. Thank you for making great products. This one might be your best yet, which is saying something given the quality of everything else." - Jorin G.

Essential electrolyte replenishment and the convenience of rapidly dissolving effervescent tablets at a price that NOBODY can match!

OTHER INGREDIENTS
(Grapefruit flavor shown)
Citric Acid, Sorbitol, Natural Flavor, Stevia, Wheat Germ Oil.

SUGGESTED USAGE
Add 1-2 Endurolytes Fizz per bottle of water, wait for tablets to dissolve completely, and consume as needed to maintain proper hydration and electrolyte levels.

NOTE
Endurolytes Fizz is gluten-free. One tablet is equal to two Endurolytes capsules. Tablets are scored in the middle for easy dosing. Not a significant source of calories. Unflavored only available in 13 tablet tube.

FLAVORS (Fizz)
Grape • Grapefruit • Lemon-Lime
Mango • Peach • Unflavored

Supplement Facts
Serving Size 1 tablet (4.2g)
Servings Per Container 13

	Amount Per Serving	%Daily Value
Calories	10	
Total Carbohydrate	<1g	<1%
Vitamin B6 (as Pyridoxine Hydrochloride)	13mg	650%
Calcium (as Calcium Carbonate, Calcium Chloride)	100mg	10%
Magnesium (as Magnesium Oxide)	50mg	13%
Manganese (as Manganese Gluconate)	3mg	150%
Chloride (as Calcium Chloride)	60mg	2%
Sodium (as Sodium Bicarbonate)	200mg	8%
Potassium (as Potassium Bicarbonate)	100mg	3%
Tyrosine (as L-Tyrosine)	100mg	†

Paul Romero of Team SOLE rides during the 600+ km mountain bike stage race, Brasil Ride. Team SOLE rode hard enough to earn a spot on the Master's Podium. Photo : Alexandre Cappi

Where Do I Start?

Guidelines on fluid, electrolytes, & calories

Capsules make proper dosing incredibly easy!

SIZE 120 Capsules
4 Capsule Sample

PRICE **$19.95**
$17.95 3 or more
$1.05 Sample

Easy-to-carry capsule dispenser - page 56

The powder can easily be added to your water bottle.

SIZE 150 Servings

PRICE **$19.95**
$17.95 3 or more

Supplement Facts

Serving Size 1 capsule
Servings Per Container 120

Amount Per Serving		%DV
Sodium (as Sodium Chloride)	40mg	2%
Chloride (as Sodium Chloride)	60mg	2%
Calcium (as Chelate)	50mg	5%
Magnesium (as Chelate)	25mg	6%
Potassium (as Chelate)	25mg	<1%
Vitamin B-6 (as Pyridoxine HCL)	6.6mg	330%
Manganese (as Chelate)	1.6mg	80%
L-Tyrosine	50mg	†

OTHER INGREDIENTS
(capsules shown)
Rice Flour, Dicalcium Phosphate, Vegetable Capsules (plant cellulose and water), Magnesium Stearate.

SUGGESTED USAGE
Take 1-3 capsules per hour during prolonged exercise in hot weather. Extreme conditions may warrant higher dosages.

NOTE
Endurolytes does not prevent heat stroke, hyponatremia, or any other dangerous physical condition resulting from overexertion in extreme heat.

1. Keep fluid intake during exercise between 16-28 ounces per hour.

Most athletes, under most conditions, will satisfy hydration needs with a fluid intake in the range of 20-25 ounces per hour, the equivalent of the typical regular-to-large size water bottle. Lighter athletes and/or athletes exercising in cool weather conditions may only require an intake of 16-18 ounces per hour. Heavier athletes or athletes exercising in hotter conditions may consider intakes of up to 28 ounces per hour.

Consistent fluid intake over 30 ounces per hour greatly increases the potential for dilutional hyponatremia. Unless you enjoy nausea, cramping, bloating, and DNFs, forget advice like "drink to replace" or "drink even when you're not thirsty"–it's just plain wrong.

2. It is never a good idea to attempt to "sodium load."

"Electrolyte replenishment" does not just mean "sodium or salt replenishment." Calcium, magnesium, potassium, and the other key minerals found in the Endurolytes products must be replenished as well in proper proportions and ratios. These minerals also play key roles in the maintenance of many important body functions.

Most athletes, like the general population, consume too much salt every day, creating a reservoir of upwards of 8,000 – 10,000 mg stored in body tissues. The best thing an athlete can do to get an edge on heat stress is reduce dietary sodium levels to as close to, if not less than, 2,300 mg per day. Lower dietary sodium intake allows for reasonable Endurolytes intake during exercise to support the maintenance of normal body functions.

3. Take a "less is best" approach to caloric intake.

Your workout or race can go down the drain fast if you follow the "calories out, calories in" protocol that many "experts" recommend. Athletes who attempt to replace all of the calories they lose will end up with bloating, nausea, vomiting, and/or diarrhea.

If you want to achieve your best performance, replenish calories in "body cooperative" amounts, allowing your fat stores to make up the difference, which they will easily do. While 240-280 calories per hour is a theoretical hourly maximum (based on the liver converting one gram of carbohydrates–4 calories–per minute into glycogen) almost all athletes report success with a far lower hourly caloric intake.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

HEED - High Energy Electrolyte Drink

The #1 sports drink

- Steady energy
- Buffer lactic acid
- Help prevent cramps

Sports drinks have been around a long time, and for many athletes they're more convenient than energy gels. Unfortunately, most sports drinks aren't much more than artificially colored sugar water that do little to aid your performance and even less for your health. Fortunately, there's a healthier alternative in HEED, which contains no added simple sugars and no artificial colors or sweeteners. HEED is formulated with complex carbohydrates for long-lasting energy, and a full spectrum of chelated minerals provides you with the electrolytes you need to keep pushing the pace.

HEED's subtle, never sugary-sweet taste ensures that it goes down easily. No citric acid is added to the formula, so it won't burn your throat or stomach. HEED contains only healthy sweeteners, with xylitol being especially beneficial for helping to promote oral health. Other ingredients in HEED that you probably won't find in other sports drinks include L-carnosine for buffering lactic acid, chromium polynicotinate to support stable blood sugar levels, L-tyrosine to help maintain optimal thyroid and adrenal gland function, and vitamin B6, which plays an important role in maintaining sodium-potassium balance.

If you prefer sports drinks over energy gels, or if you like to use the two together, give HEED a try.

Real Athletes, Real Results!

"Picked up a competitor's product and drank it. About 20 minutes later, I started to feel weird–spinning head, thick mouth, just icky. Decided that maybe brushing my teeth would get that taste out. Brushed, brushed, brushed. Spit. Nothing but orange foamy paste! Gross! I love my Hammer Nutrition products. For now, I'll go drink a big glass of water and look forward to my Mandarin Orange HEED on the bike ride. Thanks for providing products with natural ingredients and no dyes!" - Colleen W.

Available in

Easy-to-use single-serving packets!

SIZE	Single Serving
PRICE	**$1.95** Single **$1.80** 6 or more*

**Mix and match flavors.*

Joel Sothern gets a fresh bottle of HEED during the Hoodoo 500. Joel finished 1st in the solo division with a time of 35:14. Photo : Dave Tanner

HEED has repeatedly been the #1 consumer-rated sports drink in an online poll on www.mtbr.com and www.roadbikerider.com.

KNOWLEDGE
Hammer Gel vs. HEED

HAMMER GEL
Hammer Gel is a concentrated complex carbohydrate gel with the consistency of syrup. It is the best choice for athletes who prefer drinking plain water for hydration.

Caffeine quotient: Espresso contains 50 mg of caffeine per serving; Tropical contains 25 mg.

HEED
HEED is a powdered sports drink mix. It is the best choice for athletes who do not prefer the consistency of gels and/or drinking plain water while exercising.

Caffeine quotient: None in any flavor.

Both products are ideal for use during exercise of any intensity lasting up to two hours. Either product can be used as a partial source of calories during ultra distance events to provide variety and flavor to your primary fuel sources, Perpetuem and/or Sustained Energy.

Katie Bergen and teammate Jeanine Spence (not pictured) place 1st and set a record in the 2-Woman Division during the Hoodoo 500. Photo : Steve Decker

Available in
Convenient 32-serving bags

SIZE 32 Servings
PRICE **$27.95**

and **80-serving bulk bags**

SIZE 80 Servings
PRICE **$52.95**

Supplement Facts

Serving Size 1 level scoop (29g)
Servings Per Container 32

	Amount Per Serving	%Daily Value
Calories	100	
Total Carbohydrate	26 g	9%*
Sugars	2 g	†
Vitamin B6	7 mg	339%
Calcium	51 mg	5%
Magnesium	26 mg	6%
Manganese	2 mg	89%
Chromium	27 mcg	22%
Chloride	60 mg	2%
Sodium	40 mg	2%
Potassium	25 mg	1%
Glycine 31 mg		†
L-Carnosine 50 mg		†
Tyrosine 11 mg		†

INGREDIENTS *(Strawberry flavor shown)*
Maltodextrin, Xylitol, Natural Flavor, Pyridoxine Hydrochloride, Calcium Chelate, Potassium Chelate, Magnesium Chelate, Salt, L-Carnosine, Stevia, Glycine, Tyrosine, Manganese Chelate, Chromium Polynicotinate.

SUGGESTED USAGE
Mix 1-2.75 level scoops of HEED in 16 to 28 ounces of water. Consume immediately before and during exercise and competition.

NOTE
Unflavored only available in 32-serving bag.

FLAVORS
Lemon-Lime
Mandarin Orange
Melon
Strawberry
Unflavored

Real Athletes, Real Results!

"My husband and I use HEED and recommend it to patients of our dental practice. It is a much healthier alternative than the other 'sports drinks' out there." - Laurie M.

"I drink HEED as my sports drink at every one of my ultramarathons. Nothing else comes close. Keep up the great work." - Matt L.

We guarantee that you'll see a difference in your athletic performance when you use a sports drink done right.

HAMMER NUTRITION
1987–2012 25 Years of Endurance

Todd Watchmaker kick-starts his racing season with a training ride near Tucson, Arizona. Photo : Madeline Frank

Quality energy for superior performance

- Easily digested for rock-solid energy
- Prolonged energy levels
- Made with real fruit & wholesome ingredients
- Versatile & economical

For over a decade, Hammer Gel has been the benchmark of concentrated carbohydrate energy, primarily because of what it doesn't contain. Hammer Gel has no added refined simple sugars, artificial colors, or artificial sweeteners.

Choose either single-serving pouches or cost-effective jugs for even, reliable energy, not the "flash and crash" of sugar-loaded products. You get only what's good for you: complex carbohydrates, natural ingredients, and real fruit. The result is a great-tasting concentrated fuel source that goes down and digests easier than any other energy gel.

Hammer Gel is versatile as well; you can drink it straight or combine it with either Sustained Energy, HEED, or Perpetuem to create a variety of tasty energy combinations for any length activity–anywhere, anytime.

Real Athletes, Real Results!

"Hello folks at Hammer Nutrition! Let me start out by saying that I love your Hammer Gel! I use Hammer Gel during my long runs and my half marathon races. Love them! Please keep producing the apple-cinnamon gel flavor forever!" - Cheryl H.

Available in

Convenient single-serving packets!

SIZE	Single Serving Gel Sampler
PRICE	**$1.40** Single **$1.30** 12 or more* **$7.95** Sampler**

**Mix and match flavors.*
***Hammer Gel Sampler contains nine single-serving packets.*

KNOWLEDGE

Fueling right and fueling wrong

Over the past 24 years, we've had the opportunity to observe the fueling habits of many thousands of athletes. While the fueling protocols vary, here are factors which are consistent in every case:

Athletes Who Experience Fueling Success:

- Consume no more than 28 fluid ounces/hour.
- Salt (sodium chloride) intake between 300 mg and 600 mg/hour, with 400 mg/hour being the most often reported dose.
- Caloric intake at 280 cal/hour or less.
- Minimal, if any, simple sugar intake, favoring complex carbohydrates instead.
- Body weight at finish decreased no more than 2-3%.

Athletes Who Experience Fueling Failure:

- Fluid intake over 30 fluid ounces/hour.
- Salt (sodium chloride) intake above 600 mg/hour.
- Caloric intake exceeded 300 cal/hour.
- Primarily simple sugar-based fuels, causing stomach ailments.

This results in hyperhydration with weight gain from 1-2% OR dehydration at over 3% body weight loss at the finish. Clearly, when it comes to fueling for endurance performance, less is best. How to fuel right and feel great is discussed comprehensively in several popular Hammer Nutrition publications, available in print or as free downloads. For more on these publications, see pages 62 and 63.

Available in

Economical 26-serving jugs!

SIZE 26 Servings

PRICE **$19.95**
$17.95 3 or more*
**Mix and match flavors.*

Don't forget the flask!

5-serving, BPA-free, high-density polyethylene with finger grips and secure cap to keep dust out. 4.25 oz.

PRICE **$1.95**

Hammer Gel has no added refined simple sugars, artificial colors, or artificial sweeteners!

FLAVORS

Apple-Cinnamon
Banana
Chocolate
Espresso
Montana Huckleberry
Orange
Raspberry
Tropical
Unflavored
Vanilla

Real Athletes, Real Results!

"I love the Banana Hammer Gel (because, get this, it actually tastes like a banana, not some chemical version of a banana)!" - Mimi K.

"I just hiked out of the Grand Canyon. Nine miles with over 5,000 feet of elevation gain in five hours. All I needed was some HEED & a couple of Espresso Hammer Gel packets. Great stuff!" - Jeffrey C.

Supplement Facts
Serving Size 32.9g (~1.7 Tbsp.)
Servings Per Container 26

Amount Per Serving		%DV*
Calories	90	
Total Carbohydrate	22 g	7%*
Sugars	2 g	†
Sodium	20 mg	1%
Potassium	10 mg	<1%
Alanine 2.3 mg		†
Isoleucine 2.3 mg		†
Leucine 4.6 mg		†
Valine 2.3 mg		†

INGREDIENTS *(MT Huckleberry flavor shown)*
Maltodextrin, Filtered Water, Energy Smart® (Fruit Juice, Natural Grain Dextrins), Huckleberries, Natural Huckleberry Flavor, Citric Acid, Potassium Sorbate (as a preservative), Amino Acids (L-Leucine, L-Alanine, L-Valine, L-Isoleucine), Salt, Potassium Chloride.

SUGGESTED USAGE
For exercise lasting up to three hours, consume 1-2 servings per hour with 16-28 ounces of plain water.

NOTE
Espresso contains 50 mg caffeine/serving.
Tropical contains 25 mg caffeine/serving.
Unflavored only available in 26-serving jugs.

HAMMER NUTRITION

1987-2012 25 Years of Endurance

Troy DeLong uses a forced delay due to road construction to fuel up during the Highline Hammer. Photo : Angela Miller

KOSHER PAREVE 1056

Extreme endurance fuel

- **Consistent, stable energy**
- **Easy to digest**
- **Minimize lean muscle tissue cannibalization**

Proper fueling is important in all types of exercise. However, when you're competing in multi-hour to multi-day events, proper fueling becomes more than important; it's absolutely essential. During these extreme events, you simply can't take any shortcuts; you must give your body the highest quality fuel possible. For that, look no further than Perpetuem, the fuel that has been thoroughly tested and proven in the world's toughest endurance events.

Perpetuem's unique formula–complex carbohydrates, soy protein, healthy fats, and key auxiliary nutrients such as sodium phosphate, L-carnosine, L-carnitine, and choline–is unsurpassed for maintaining optimal athletic performance for as long as you need. Perpetuem combats fatigue by providing consistent, reliable energy, helping to preserve muscle tissue, maximizing fat utilization, and buffering lactic acid.

Your toughest workouts and races may be a challenge, but Perpetuem will take the guesswork out of fulfilling your fueling requirements. On the road or trail, Perpetuem is the breakfast, lunch, and dinner of champions.

Real Athletes, Real Results!

"Used Perpetuem and HEED during a recent ride in the Six Gap Century. 104 miles with 11,230' of climbing. The products worked great. I felt strong throughout the ride. Kept a two-hour bottle of Perpetuem with me at all times. HEED was provided at all rest stops. Finished strong and Hammer Nutrition deserves a lot of the credit. Will definitely use it on my upcoming 300k ride." - Joe M.

Available in

Single-serving packets!

SIZE	Single Serving
PRICE	**$3.25** Single **$2.95** 6 or more*

**Mix and match flavors.*

and

16- and 32-serving bags!

SIZE	16 Servings 32 Servings
PRICE	**$27.95** 16 Servings **$47.95** 32 Servings

16-Serving Unflavored
PRICE **$25.95**

Vanessa Gailey pops a Solid before heading down the mountain. Photo : Chuck Gailey

SIZE 6 Tablet Tube
90 Tablets

PRICE **$3.95** Tube
$3.50 3 or more*
$37.95 90 Tablets
**Mix and match flavors.*

Also available in easy-to-chew solids!

The search for a convenient, yet high-quality, solid fuel source is over. With Perpetuem Solids you have the same exact, time-proven Perpetuem formula in easily chewable, easily consumable tablets.

Every three tablets of Perpetuem Solids contain 100 calories, they're super easy to chew and consume, they won't "go bad" no matter what the weather, and they're a complete and satisfying solid-food fuel source. You can use Perpetuem Solids with other Hammer Nutrition fuels or, if desired, as a sole source of calories.

Real Athletes, Real Results!

"Now that Perpetuem comes in a solid, I no longer have to worry about spoilage. I made it through Ironman Couer d'Alene with only Hammer Gel, HEED, and Perpetuem Solids!" - Connie P.

Supplement Facts

Serving Size 2 level scoops (69g)
Servings Per Container 16

	Amount Per Serving	%Daily Value
Calories	270	
Calories from Fat	20	
Total Fat	2.5 g	4%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	54 g	18%*
Sugars	7 g	†
Protein	7 g	14%*
Calcium	36 mg	4%
Iron	2 mg	9%
Phosphorus	211 mg	21%
Magnesium	8 mg	2%
Manganese	1 mg	55%
Chromium	110 mcg	92%
Sodium	220 mg	9%
Potassium	120 mg	3%
Choline Bitartrate 50 mg		†
L-Carnitine 50 mg		†
L-Carnosine 100 mg		†
Caffeine 25 mg		†

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS *(Caffé Latte flavored powder shown)*
Maltodextrin, Soy Protein Isolates, Energy Smart® (Fruit Juice, Natural Grain Dextrin), Soy Lecithin, Coffee Powder, Natural Vanilla Flavor, Trisodium Phosphate, L-Carnosine, L-Carnitine (as Carnipure™), Choline Bitartrate, Caffeine, Stevia, Chromium Polynicotinate.

SUGGESTED USAGE
See the *Hammer Nutrition Product Usage Manual* for complete instructions.

NOTE
Unflavored only available in 16-serving bag. Caffé Latte contains 25 mg caffeine per serving.

FLAVORS

Caffé Latte • Orange-Vanilla
Strawberry-Vanilla • Unflavored

Solids not available in Unflavored.

The original ultra fuel

KOSHER PAREVE 1056

- **Sustained energy, hour after hour**
- **Easy to digest**
- **Reduce muscle fatigue & recovery time**

Sustained Energy has attained a legendary status in the world of endurance sports since its introduction in 1992. Tested and proven in virtually every endurance event on the planet, Sustained Energy's unique 7:1 carbohydrate to protein ratio, along with its neutral flavor, is still the first choice of thousands of athletes. So when your exercise goes beyond the range of Hammer Gel or HEED alone, Sustained Energy is ready to serve you, providing premium fuel complemented with specific nutrients that support enhanced fat utilization and lactic acid buffering.

SIZE Single Serving
15 Servings
30 Servings

PRICE **$3.25** Single
$2.95 6 or more
$32.95 15 Servings
$54.95 30 Servings
$51.50 3 or more

Questions? 1.800.336.1977 Crystal

HAMMER NUTRITION

1987–2012 25 Years of Endurance

NEW!

HAMMER
RECOVERY BAR

Bite into better recovery

- **High-quality whey protein**
- **70% organic ingredients**
- **Gluten-free, GMO-free, certified dairy kosher**

Whether on its own as a solid-food recovery fuel, a second meal after your immediate post-workout/race bottle of Recoverite, or as an occasional snack to bolster your daily protein intake, the Hammer Recovery Bar fits the bill perfectly. Each gluten-free, GMO-free, certified dairy kosher Hammer Recovery Bar is comprised of 70% organic ingredients, including ample amounts of carbohydrates, a whopping 20 grams of a cold-processed whey protein blend derived from grass-fed cows, and a full eight grams of fiber. The Hammer Recovery Bar is fortified with vitamins and minerals; it's an especially good source of calcium, magnesium, and potassium. The Hammer Recovery Bar also contains added amounts of post-exercise-beneficial amino acids (L-Glutamine, L-arginine, L-Leucine, L-Valine, and L-Isoleucine). For enhanced absorption, the Hammer Recovery Bar also contains a full spectrum of digestive enzymes. Best of all, the Hammer Recovery Bar's peanut butter-chocolate combination is addictively delicious!

SIZE 75g Bar

PRICE **$3.50**
$3.25 12 or more

Ramon Scott heads toward a 1st place age-group finish at the Chattahoochee Challenge Olympic Triathon. Photo : Walt Simmons, Great Action Portraits

Questions? 1.800.336.1977 Andrew

INGREDIENTS
Organic Peanut Butter, Whey Protein Blend (Grass Fed Cold Processed Whey Protein Concentrate, Grass Fed Micro-Filtered Cold Processed Whey Protein Isolate), Organic Dark Chocolate (Organic Evaporated Cane Juice, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Soya Lecithin), Organic Cane Nectar, Organic Inulin, Organic Brown Rice Protein, Organic Peanut Flour, **Vitamin Blend** (Vitamin A 624 IU, Potassium 437.2mg, Calcium 125mg, Magnesium 50mg, Vitamin D-3 50 IU, Ascorbic Acid 7.5mg, Vitamin E 3.75 IU, Niacinamide 2.5mg, Iron 2.25mg, Zinc 1.87mg, Pantothenic Acid 1.25mg, Copper 0.25mg, Manganese 0.25mg, Pyridoxine 0.25mg, Riboflavin 0.212mg, Thiamin 0.187mg, Chromium 0.14mg, Folic Acid 0.05mg, Biotin 0.037mg, Iodine 0.018mg, Vitamin K-1 0.009mg, Selenium 0.008mg, Vitamin B-12 .7mcg), Glycerin, Citrisweet, **Amino Acid Blend** (L-Glutamine 250mg, L-Arginine 250mg, L-Leucine 250mg, L-Isoleucine 125mg, L-Valine 125mg), Organic Vanilla, **Enzyme Blend** (Papain 27.1mg, Amylase 27.1mg, Protease 25.4mg, Bromelain 16.9mg, Lipase 15.2mg, Lactase 7.4mg, Maltase 2.2mg, Cellulase 0.7mg).

SUGGESTED USAGE
Use immediately following workouts and races to optimize recovery, or as a healthy snack.

Nutrition Facts

Serving Size One bar (75g)

Amount Per Serving	
Calories 330	Calories from Fat 126
	%Daily Value
Total Fat 14g	**22%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**3%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 8g	32%
Sugars 16g	
Protein 20g	
Vitamin A	25%
Vitamin C	35%
Calcium	35%
Iron	35%

Francisco Garza above 14,000' in the Colorado mountains.
Photo : Francisco Garza

More than an energy bar

- Delicious taste, moist texture
- Natural, all-organic ingredients
- No preservatives, gluten-free

If you want an energy bar that tastes great, digests easily, and contains only wholesome ingredients (75%-100% raw), the Hammer Bar is what you're looking for. The Hammer Bar is loaded with healthy, non-GMO, energy-producing organic ingredients with no added refined sugars. Plus, it carries USDA organic, non-dairy kosher, and vegan (almond raisin, cranberry, and oatmeal apple) certifications.

All five Hammer Bar flavors are absolutely delicious and perfect for healthy prerace meals, post-workout recovery food, or healthy snacks anytime. They can also be used to complement your liquid fueling strategy for extended exercise periods. You can look long and hard, but you won't find a higher quality energy bar than the Hammer Bar. Once you try them, we're sure they'll be your new favorite.

Real Athletes, Real Results!

"I want to thank you for your nutrition bars. As a runner with Celiac, having gluten-free fueling options is a must! You've made my life so much easier! And I even travel with the bars too!" - Kim N.

Nutrition Facts

Serving Size One bar (50g)

Amount Per Serving	
Calories 230	Calories from Fat 100
	%Daily Value
Total Fat 11g	**17%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 3mg	**0%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 5g	20%
Sugars 19g	
Protein 5g	**0%**
Vitamin A	0%
Vitamin C	1%
Calcium	4%
Iron	8%

INGREDIENTS *(Cashew Coconut Chocolate Chip shown)*
Organic Cashew Butter, Organic Dates, Organic Agave Nectar, Organic Brown Rice Protein, Organic Dark Chocolate Chips - Non-Dairy (Organic Evaporated Cane Juice, Organic Chocolate Liquor, Organic Cocoa Butter, Non-GMO Soya Lecithin), Organic Coconut, Organic Bio Sprouts™ - Quinoa, Organic Bio Sprouts™ - Flax

SUGGESTED USAGE
Use as a prerace meal, post-workout recovery food, or healthy snack.

FLAVORS

Almond Raisin
Cashew Coconut Chocolate Chip
Chocolate Chip
Cranberry
Oatmeal Apple

2 NEW FLAVORS!

SIZE 50g Bar

PRICE **$2.50**
$2.40 12 or more*
**Mix and match flavors.*

Hammer Bars are loaded with healthy, non-GMO, energy-producing organic ingredients with no added refined sugars!

HAMMER NUTRITION 1987–2012 25 Years of Endurance

Wendy Skean blazes a trail in Colorado's alpine flowers. Photo : Randy Wolfe

KOSHER DAIRY 1056

Pure, potent protein

- **Minimize post-exercise soreness**
- **Protect lean muscle tissue**
- **Immune system support**

Protein supplementation is absolutely essential for any hard-training athlete to maintain, repair, and grow lean muscle mass. Hammer Whey, ideal for supporting your immune system, and enhancing recovery between workouts and races, helps you obtain the full amount of protein that you need daily.

Whey is the most easily assimilated of all proteins and is packed with a tremendous amount of naturally occurring branched chain amino acids. Hammer Whey also contains high amounts of other recovery-specific amino acids and is glutamine fortified for immune system support. **Hammer Whey is 100% whey protein isolate**, so you get more actual protein per serving and less lactose and fat than obtained through the commonly found concentrate form.

Serious endurance athletes have protein requirements far above the normal adult RDA, so be sure you have Hammer Whey on hand.

Real Athletes, Real Results!

"I just graduated from Army Ranger School, and look forward to your whey protein helping my destroyed body recover! Thanks again for your service, and for putting out a great product!" - James R.

"Thank you for making whey protein powder without additives. I just received my first container of the product. I have tried it, and it is refreshingly free of additives, sugars, and who knows what else!" - Susan P.

Available in Convenient single-serving packets!

SIZE Single Serving

PRICE **$3.25** Single
$2.95 6 or more*

**Mix and match flavors.*

and 24-serving containers

SIZE 24 Servings

PRICE **$39.95**
$37.95 3 or more*

**Mix and match flavors.*

INGREDIENTS *(Vanilla flavor shown)*
Whey Protein Isolate, L-Glutamine, Natural Flavor, Stevia.

SUGGESTED USAGE
For a variety of mixing/usage suggestions, check out our website.

NOTE
Whey is a superb protein when used at the right time: after exercise. Do not use it before or during exercise because the glutamine quickly degrades to produce ammonia, a primary culprit in premature fatigue.

Unflavored and Chai only available in 24-serving containers.

FLAVORS
Chai • Chocolate • Unflavored • Vanilla

Supplement Facts
Serving Size 1 level scoop (26g)
Servings Per Container 24

	Amount Per Serving	%Daily Value
Calories	80	
Calories from Fat	5	
Total Fat	0.3 g	<1%*
Cholesterol	5 mg	2%
Total Carbohydrate	1 g	<1%*
Sugars	1 g	†
Protein	18 g	36%*
Calcium	19 mg	2%
Iron	414 mcg	2%
L-Glutamine 6 g		†

KNOWLEDGE
Elevate hGH while you sleep

To safely and effectively raise hGH (Human Growth Hormone) levels without risk to your endocrine system, try this: Just before bed, mix one scoop of Hammer Whey in 4-6 ounces of water and consume. This practice may safely raise hGH levels while you sleep by as much as 400% compared to the usual nightly spike. That's enough to have a noticeable effect on anabolic, muscle building/maintaining activity in the body, a benefit to health and performance.

"I recently added Hammer Whey Protein into my daily nutrition plan with terrific results. About four months ago, I started taking one scoop with water right before bed. I feel a significant difference in energy level, especially with my early morning workouts. I highly recommend Hammer Whey, great product!" - Charlie C.

KNOWLEDGE
How much protein should endurance athletes consume?

Numerous studies have demonstrated that endurance athletes in heavy training need more protein than recreational athletes. Previously, it was believed that 1/2 gram of protein per pound (about 1/2 kilogram) of body weight–75 grams for a 150-pound (68 kg) person–per day was sufficient. Today's standards, however, would increase that figure to about 100-112 grams (2/3 to 3/4 grams of protein per pound of body weight).

To find out how much you require, multiply your weight in kilograms by 1.4 to 1.7, depending on your exercise intensity. This gives you the amount of protein (in grams) that you should consume on a daily basis. (To convert from pounds to kilograms, divide by 2.2.) Thus, a 165-pound (75 kg) athlete in high training mode should consume about 128 grams of protein daily.

	Off-season and/or light training	In-season and/or long training
100-110 lbs	64-70 g	77-85 g
120-130 lbs	76-83 g	93-100 g
140-150 lbs	89-95 g	108-116 g
160-170 lbs	102-108 g	124-131 g
180-190 lbs	115-121 g	139-147 g
200-210 lbs	127-134 g	155-162 g
220-230 lbs	140-146 g	170-178 g
240-250 lbs	153-159 g	185-193 g

Premium vegetable protein

- **100% GMO-free**
- **Convenient way to increase protein**
- **Multiple health benefits**

For versatility, concentration, and multiple health benefits, it's hard to beat Hammer Soy. Soy protein contains several phytochemicals that are believed to be beneficial in supporting cardiovascular health, optimal cholesterol levels, osteoporosis prevention, and possibly cancer prevention.

Available in delicious Vanilla, Hammer Soy is a great way to help you meet your daily protein requirements (see chart at left). As with all of the Hammer Nutrition fuels, Hammer Soy is made from the highest quality, naturally derived ingredients. It contains absolutely no GMO (genetically modified organism) soy and has no added sugars or artificial colors, flavors, or preservatives.

Check the website for more in-depth information including supplement facts, ingredients, and usage suggestions.

SIZE Single Serving
24 Servings

PRICE **$2.95** Single
$31.95 24 Servings
$29.95 3 or more

Kristin Ketilsdottir waits for the start of the elite men's 60 km race at the Chengdu Cycling Festival. There was no women's road race, so Kristin rode with the men, staying with the lead group the entire time. Photo : Wang Xi

The Daily Essentials

RACE CAPS SUPREME, PREMIUM INSURANCE CAPS, MITO CAPS

While all of the products in the Hammer Nutrition line offer unique benefits and fulfill specific needs, we believe that with consistent use of Premium Insurance Caps, Race Caps Supreme, and Mito Caps, exceptional benefits for both athletic performance and overall health can be derived. These three products should be the cornerstone of everyone's supplement program!

Keep your cells healthy
A one-two punch of CoQ10 and Idebenone!
Formulated with Optimum Daily Intake (ODI) amounts of the highest quality vitamins and minerals

What the Daily Essentials provide:

Premium Insurance Caps

- More energy all day
- Enjoy superior health
- Fill nutrient gaps in diet

Race Caps Supreme

- Reduce fatigue
- Enhance energy
- Increase endurance

Mito Caps

- Improve energy production
- Antioxidant support
- Potential increase in longevity

1. Replenishment of vitamins and minerals, which athletes deplete in greater volume than sedentary people do, to optimize overall health.

2. Enhanced support for the immune system and cardiovascular system by supplying a wide range of antioxidants for the neutralization of free radicals and the cellular destruction they cause.

(continued on the next page)

Improve your performance with daily use of these dynamic supplements!

The Daily Essentials Kit

SIZE	1-Month Kit 3-Month Kit
PRICE	**$94.95** 1 Month **$269.95** 3 Month

Save up to $41.60 when you buy all three at once!

3. Key substrates to enhance and ensure efficient production of energy.

4. Support for mitochondrial health. Our belief is that the longer you can stimulate the lifespan or health of the mitochondria, the longer you may live and the better you will perform in endurance events. The athlete who has the most healthy/efficient mitochondria is the athlete who performs at his or her best.

Real Athletes, Real Results!

"There is no way possible I could have achieved my completion of the Death Valley Cup this year without your long-time guidance and the help of the myriad of Hammer Nutrition products I consume. From my Daily Essentials to my race day bag-of-tricks, I always enter races knowing that my nutritional needs are covered . . . even if my training has been less than optimal." - Greg P.

"Hammer Nutrition's Daily Essentials supplements kit kept me strong and healthy as I trained 'double-time' this year. I am truly grateful for the health advantage that Hammer Nutrition supplements provide for my everyday stressful life. I haven't had a cold or flu in over three years. I am happy to Hammer On!" - Beverly E.

Beverly Enslow takes a break at Shadow Lake during her training for XTERRA Nationals. Photo : Courtesy of Beverly Enslow

HAMMER NUTRITION 1987-2012 25 Years of Endurance

SUPERIOR RECOVERY

TISSUE REJUVENATOR, AO BOOSTER, SUPER AO, XOBALINE, REM CAPS

SIZE 120 Capsules

PRICE **$28.95**
$26.50 3 or more

Joint health second to none

- **Reduce pain, inflammation, & swelling**
- **Increase joint integrity & mobility**
- **Stop NSAID use**

Tissue Rejuvenator is a powerful, dual-purpose product, supplying your body with a variety of nutrients that provide the raw materials needed to promote rapid tissue repair. Tissue Rejuvenator also helps reduce inflammation, soreness, and pain, so you don't have to rely on NSAIDs (non-steroidal anti-inflammatory drugs). Tissue Rejuvenator, the combined rebuild/relieve joint product, is fully guaranteed to work for you.

Real Athletes, Real Results!

"I love Tissue Rejuvenator. I can't say enough good things about the product. My hip injury had been giving me trouble all season until my friend gave me a bottle of TR and I started taking the eight caps/day dose one week before my marathon; I couldn't believe that it helped so much! I didn't have any hip trouble during my race." - Leah H.

If you're injured, or if you're trying to prevent joint and tissue injuries, then Tissue Rejuvenator is your supplement of choice!

OTHER INGREDIENTS
Stabilized Rice Bran, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 4 capsules once or twice daily during periods of injury. 1-2 capsules once or twice per day may be used for prevention and/or maintenance purposes.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving		%DV
Glucosamine Sulfate	500mg	†
Chondroitin Sulfate	500mg	†
MSM (Methylsulfonylmethane)	500mg	†
Enzyme Blend (Peptidase, Bromelain, Papain, Protease, Amylase, Lipase, Cellulase, Phytase)	400mg	†
Boswellia serrata	400mg	†
Devil's Claw	200mg	†
Yucca Root	100mg	†
Turmeric (Curcuma longa) Root Extract	100mg	†
Quercetin (Sophora japonica)	20mg	†
Undenatured Type II Collagen**	5mg	†

**UC-II® brand undenatured type II collagen (U.S. Patents 5,645,851; 5,837,321; 5,929,766 and 5,756,144). UC-II™ is a trademark of InterHealth N.I.

KNOWLEDGE

Why Tissue Rejuvenator works!

In addition to the "Big Three" joint health nutrients (Glucosamine Sulfate, Chondroitin Sulfate, MSM), Tissue Rejuvenator has some extraordinary complementary nutrients as well:

1) An enzyme blend of peptidase, bromelain, papain, amylase, lipase, cellulase, and phytase not only promotes complete absorption of the above nutrients, it also provides its own potent anti-inflammatory benefits.

2) *Boswellia serrata* is an Ayurvedic herb that has been extensively used as an anti-inflammatory for the treatment of arthritis.

3) Devil's Claw is a South African herb containing iridoid glycosides that have anti-inflammatory properties.

4) Yucca Root is frequently used to combat osteoarthritis and rheumatoid arthritis symptoms. It contains high levels of beneficial phytochemical compounds known as saponins.

5) Turmeric *(Curcuma longa)* contains a substance called curcumin which has anti-inflammatory, liver-protecting, antibiotic, and antioxidant properties.

6) Quercetin is a potent antioxidant and anti-inflammatory, and may also act as an antihistamine.

7) Undenatured Type II Collagen (UC-II™) is a patented, extensively studied dietary ingredient derived from chicken sternum cartilage. Through a complex process called oral tolerization, UC-II™ works with the immune system to promote healthy joints by increasing joint mobility and flexibility.

Recover properly today and perform better tomorrow, guaranteed!

Matt Provenzano goes to extremes to get in a little off-season training on an iceberg while in the Northwest Passage as the Chief Engineer of the Arcadia.
Photo : Captain James Pizzaruso

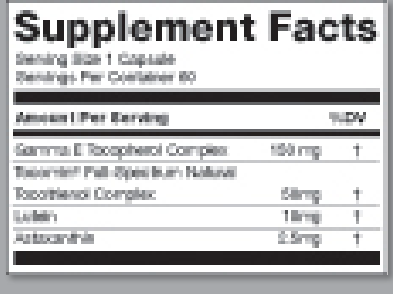
Up your antioxidant intake

- **Supreme fat-soluble antioxidant support**
- **Reduce post-workout muscle soreness & inflammation**
- **Eye & skin-specific benefits**

If there were only one or two types of free radicals negatively affecting our bodies, we'd be able to get by with just a couple of antioxidants, such as vitamin C and vitamin E. The truth, however, is that there are a number of free radicals, both water-soluble and fat-soluble; therefore, a wide variety of antioxidants is necessary. Additionally, not only do antioxidants work on a specific type (or types) of free radical, most-to-all of them work synergistically, supporting, augmenting, and enhancing the effects of other antioxidants. The oft-used saying, "The whole is greater than the sum of the parts" is quite appropriate when talking about antioxidants and how they work in the human body.

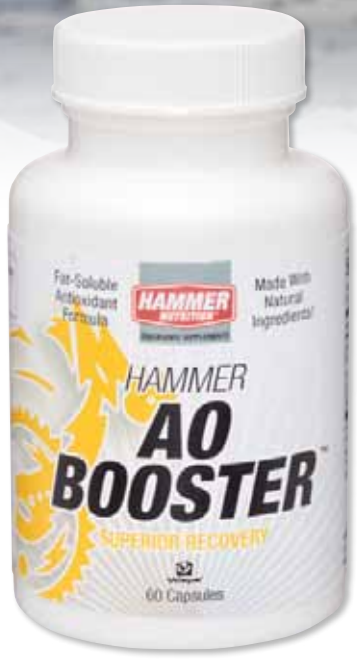
With AO Booster you now have an arsenal of powerful fat-soluble antioxidants to provide even more immune system-boosting power to the water-soluble ones provided in Super Antioxidant. In addition, with AO Booster you'll also notice benefits for your eyes and skin, reduced muscle soreness and inflammation, and potentially increased endurance via enhanced fats-for-fuels utilization.

With AO Booster you have an arsenal of powerful fat-soluble antioxidants!



OTHER INGREDIENTS
Rice Bran, Magnesium Stearate, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 1-2 capsules daily with food.



SIZE 60 Capsules

PRICE **$32.95**
$28.95 3 or more

Real Athletes, Real Results!

"I start out each day using AO Booster along with a variety of other Hammer Nutrition supplements. I believe that my success and longevity is due to my use of the Hammer Nutrition products, which I have used since the early '90s, and a lot of quality training. Quality nutrition and quality training can't be beat!" - Jim D.

Brazilian athlete Manu Vilaseca forges a stream during XTERAA. Photo : Paulo Prudente

Say goodbye to "dead legs"

- **Lessen muscle soreness**
- **Reduce free radical damage**
- **Improve circulation & cognition**

Everything you do, including breathing, creates free radicals and when you exercise, the amount increases dramatically. Excess free radicals can easily overwhelm your body's natural antioxidant defense systems, wreaking havoc on your athletic endeavors and, more importantly, your health. Antioxidants neutralize free radicals, but merely taking some vitamin C and E won't cut it. You need as much antioxidant support as possible from a wide variety of sources.

Super Antioxidant's unique combination of herbal, enzyme, and amino acid antioxidants complements, but doesn't duplicate, the antioxidants you may already be taking. Super Antioxidant is designed to help protect your immune system, enhance circulation, and accelerate recovery, thus preserving all of the hard-earned gains you make in training.

The harder you train, the more you need Super Antioxidant in your recovery regimen.

SIZE 60 Capsules

PRICE **$32.95**
$27.95 3 or more

Real Athletes, Real Results!

"I used Endurolytes Fizz for the first time in a race at Myrtle Beach Mini Marathon. I also took Hammer Gel during the race, and Race Caps Supreme and Endurance Amino before and during. Nutrition was spot on! Afterward I had Mito Caps, Recoverite, and Super Antioxidant. Once again, Hammer Nutrition is getting me to PRs at age 36!" - Alice K.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	%DV
Full Spectrum Grape Seed Extract (90%PE) 100mg	†
L-Glutathione 100mg	†
Superoxide Dismutase 60 U/mg	†
Ginkgo Biloba (24% standardized extract) 50mg	†
Gotu Kola 50mg	†
Ampelopsine (DeVinol®) 5mg	†

OTHER INGREDIENTS
Stabilized Rice Bran, Magnesium Stearate, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 1-2 capsules once or twice daily.

Increase your aerobic capacity

- **Reduce fatigue**
- **Enhance muscle repair**
- **Support cardiovascular system**

Xobaline (pronounced Zo-buh-lean) contains a metabolically active form of vitamin B12 and folic acid in an ideal 1:4 ratio in easy-to-take sublingual tablets. This dual-nutrient combination offers a significant advantage over "B12 only" formulas, especially in regard to red blood cell production and the manufacturing/ resynthesis of RNA, both crucial components for increased aerobic capacity and muscle repair/building. Xobaline is another of our specialty supplements that the truly dedicated competitor can't be without. If you want the "W," then you need the "X."

SIZE 30 Tablets

PRICE **$9.95**
$7.95 3 or more

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

Amount Per Serving	%DV
Folic Acid 800mcg	200%
Vitamin B12 (as Methylcobalamin) 200mcg	3333%

OTHER INGREDIENTS
Dextrose, Microcrystalline Cellulose, Magnesium Stearate, Stevia (Leaf) Extract.

SUGGESTED USAGE
Take 1 tablet dissolved under tongue after workouts or with a meal.

Real Athletes, Real Results!

"I have been using Xobaline for many years and it's a key part of my recovery routine! It helps repair torn down red blood cells and gets me ready for the next day's racing or training. My gear bag is not complete without it!" - Cameron H.

Dustin Phillips picks up speed after the waterfall section at 2011 Cross Country MTB Nationals. Photo : Phil Grove

KNOWLEDGE

Increase performance with a good night's sleep

To ensure a restful night of sleep, we recommend adopting the following guidelines:

1. Plan on a daily transition from stimulating activities to less active, relaxing pursuits up to three hours prior to sleep. Some possibilities include reading, listening to music, or soaking in a warm bath.

2. Avoid consumption of caffeine, alcohol, or foods rich in tyrosine or tyramine within three hours or more before going to bed. Foods containing tyrosine include almonds, avocados, bananas, and dairy products, as well as pumpkin and sesame seeds.

3. If possible, avoid stimulating arousal from exercise, stress, or medications at least six hours prior to sleep.

4. See if you can synchronize your sleep pattern with available sunlight by developing the habit of going to bed when the sun sets and waking near the time when it rises. While this is not always possible, you can try to reinforce your basic sleep cycles (circadian rhythms) by providing a dark, quiet environment for sleep.

5. If you nap between two-a-day workouts, attempt to sleep for at least 90 minutes to complete a deep-sleep cycle for optimal recuperation and muscle mass growth during sleep.

Better sleep = better performance

- **Improve quality of sleep**
- **Enhance growth hormone release**
- **Antioxidant-fortified**

In today's stressful world, it's oftentimes difficult to obtain adequate sleep. Athletes engaged in hard training especially need the benefits of sound sleep to allow their bodies to recover. Don't let an insufficient amount of quality sleep compromise your health and sabotage everything you've worked so hard to achieve in your training. The nutrient combination in REM Caps allows you to reap the health and performance benefits of more sound, restful, and productive sleep. If you're looking for a safe, effective sleep aid, look no further–just add REM Caps to your next order.

SIZE 60 Capsules

PRICE **$19.95**
$17.95 3 or more

OTHER INGREDIENTS
Stabilized Rice Bran, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 1-3 capsules one hour before bedtime.

WARNINGS
Do not operate machinery or drive a motor vehicle after use. Do not take with alcohol.

Real Athletes, Real Results!

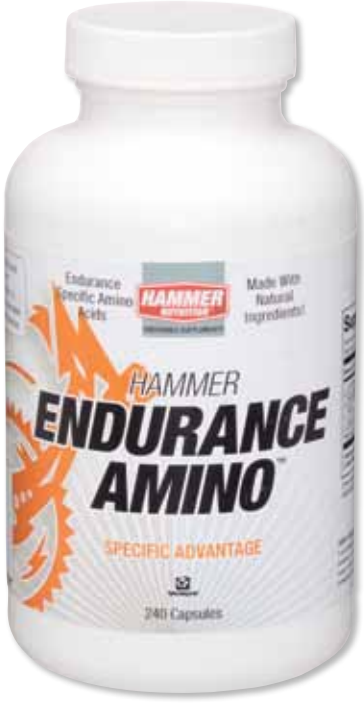
"REM Caps are rawkin' my socks right now. I just started to take them, as I'm an RN who works three night shifts per week and have to flip my day/night sleep schedule frequently. I'm also a competitive cyclist. I need the sleep support for quality sleep to function both as an RN and in training on the bike. I wake up feeling more energized & more normal. Thank you for a great product!" - Amanda S.

Don't let an insufficient amount of quality sleep compromise your health and sabotage everything you've worked so hard to achieve in your training.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

SPECIFIC ADVANTAGE

ENDURANCE AMINO, ANTI-FATIGUE CAPS, PSA CAPS, RACE DAY BOOST, ENERGY SURGE



SIZE 120 Capsules
240 Capsules

PRICE **$29.95** 120 Capsules
$52.95 240 Capsules

Real Athletes, Real Results!

"I had really good sustained wattage over a three-hour endurance ride without a drop-off. As the rides get longer (fingers crossed) and harder, I suspect this will be a good arrow in the fueling quiver." - Mike W.

Amino ammunition for your muscles

- **Decrease perception of fatigue**
- **Increase cognitive function**
- **Help build, maintain, & repair lean muscle**
- **Powerful immune system support**

Endurance Amino compares extremely well to high-priced amino acid tablets on the market, at a fraction of the cost. The foundation of Endurance Amino is the three Branched Chain Amino Acids, or BCAAs (l-leucine, l-isoleucine, l-valine), which help delay exercise-induced or central nervous system-induced fatigue, improve immune system reaction, and enhance recovery. Another amino acid, l-alanine, is included in the Endurance Amino formula. The liver can convert l-alanine into glucose as needed, which the bloodstream transports to the muscles for energy. Additionally, l-alanine aids in the synthesis of pantothenic acid (vitamin B5), which is also needed for protein, fat, and carbohydrate metabolism.

Last, but certainly not least, Endurance Amino contains glutathione, a tripeptide consisting of the amino acids glutamic acid, cysteine, and glycine. Glutathione is one of the three endogenous antioxidants the body maintains to control excess exposure to free radicals produced during exercise as well as from exposure via the environment.

Endurance Amino is ideal to use after all workouts and races, and really shines–the perfect complement to Anti-Fatigue Caps–when taken hourly during training sessions and races that extend beyond two hours.

Endurance Amino gives you a wide range of powerful amino acid benefits at an affordable price.

OTHER INGREDIENTS
Rice Bran, Magnesium Stearate, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
2-4 capsules prior to and after exercise. For prolonged exercise, 1-2 capsules may also be taken every hour during exercise.

Supplement Facts
Serving Size 2 Capsules
Servings Per Container 120

Amount Per Serving		%DV
L-Leucine	400mg	†
L-Isoleucine	200mg	†
L-Valine	200mg	†
L-Alanine	100mg	†
Reduced Glutathione	100mg	†

Questions? 1.800.336.1977 Katey

Scott Gaiser takes advantage of a summer day in Montana. Photo : Angela Miller

Have more than an edge. Have the advantage!

Reduce ammonia, massively increase endurance

- **Prolong endurance in "ultra" workouts & races**
- **Scavenge excess ammonia to reduce fatigue**
- **Increase energy production**

Thoroughly tested over several years in the most extreme athletic endurance events, Anti-Fatigue Caps helps remove fatigue-causing, performance-robbing ammonia. During extended endurance exercise, the body accumulates excess ammonia from protein metabolism, which interferes with glycogen production and disrupts energy output. Anti-Fatigue Caps is a one-of-a-kind product combining three well-known ammonia-scavenging nutrients. For optimal nutrient absorption, each capsule contains 10 mg of Enzyme Enhancement System™, a proprietary blend of digestive enzymes. If you don't clean up the waste products of combustion, you'll pay the price. Anti-Fatigue Caps takes care of the performance-inhibiting effects of ammonia in ideal fashion, helping you maintain optimum endurance in your multi-hour events.

SIZE 90 Capsules

PRICE **$18.95**
$16.95 3 or more

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving		%DV
Potassium Magnesium Aspartate	250mg	†
L-Citrulline	100mg	†
OKG (Ornithine alpha-ketoglutarate)	140mg	†
Enzyme Enhancement System™ (BBB - A proprietary blend of protease and amylase)	10mg	†

OTHER INGREDIENTS
Stabilized Rice Bran, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 2-4 capsules one hour prior to workouts or races & 1 capsule per hour during workouts or races.

Anti-Fatigue Caps is a one-of-a-kind product combining three well-known ammonia-scavenging nutrients.

Real Athletes, Real Results!

"I've had great results using your Endurolytes and Anti-Fatigue Caps products. I've been talking Hammer Nutrition up at the century rides I've been on recently. At the halfway point on a recent ride I was offered $5 for two capsules. (Out of pity I gave a couple, no charge.) I'm sure you've picked up some new clients! My pleasure and thanks for all you do for the endurance athlete." - Bob G.

HAMMER NUTRITION 1987–2012 25 Years of Endurance

Army Tri Team member Chad WIlliams goes for the breakaway at a local race in Okinawa. Photo : John Bruce

SIZE 60 Capsules

PRICE **$24.95**
$22.95 3 or more

Your prostate's new best friend

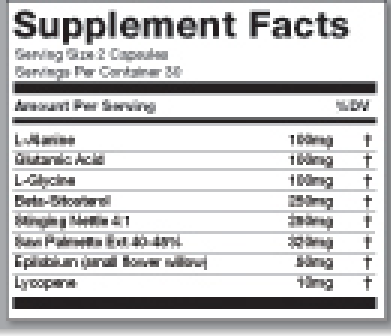
- **Promote optimal prostate health**
- **Reduce frequent urination**
- **Promote positive muscle growth and recovery**

As a man ages, it's common for the prostate gland to become enlarged, and cyclists are especially at risk. If you're over 40 years old or if you cycle regularly, PSA Caps is a must-have supplement for you.

More than just prostate protection! Along with their prostate-specific benefits, many of the components of PSA Caps have other beneficial properties as well. Lycopene, which produces the red color in tomatoes, watermelons, red grapefruit, and guava, is a very potent antioxidant with the ability to neutralize both Peroxyl Radical and Singlet Oxygen free radicals. Beta-sitosterol, in addition to its prostate-related benefits, is also helpful in lowering LDL (bad) cholesterol levels. Stinging Nettle is rich in chlorophyll and has expectorant and anti-inflammatory properties.

Real Athletes, Real Results!

"Riding my bike for years, and now age 56, my PSA numbers have climbed from 1.0 to 3.9. This elevation concerned me since the normal rates are 0-4 count. I read testimonials in the Endurance News magazine about PSA Caps and ordered several bottles. I took the recommended two capsules per day most of the time for seven months. After another concerned PSA blood test, the count dropped from 3.9 to 3.6. This was outstanding news from my primary physician! However, keep in mind all you riders out there, you should still seek the advice from a specialized urologist on any elevated PSA counts. I highly recommend PSA Caps for athletes and men over 50 years old. Happy Hammer Nutrition PSA Caps user!" - Tim G.



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving		%DV
L-Alanine	150mg	†
Glutamic Acid	150mg	†
L-Glycine	150mg	†
Beta-Sitosterol	250mg	†
Stinging Nettle 4:1	200mg	†
Saw Palmetto (Ext 40-45%)	320mg	†
Epilobium (small flower willow)	60mg	†
Lycopene	10mg	†

OTHER INGREDIENTS
Stabilized Rice Bran, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 1 capsule AM and 1 capsule PM with fruit juice or carbohydrates 60 minutes apart from meals (not with protein-rich foods).

If you're a male over 40, or if you cycle regularly, PSA Caps is a must-have!

KNOWLEDGE

Common symptoms of BPH

- Waking at night to urinate
- Sudden and strong urge to urinate
- A frequent need to go, sometimes every two hours or less
- Pushing or straining to begin
- A weak stream
- Dribbling after urination
- Feeling the bladder has not completely emptied after finishing
- Pain or burning while urinating

SIZE 32 Servings
64 Capsules

PRICE **$19.95** 32 Servings
$17.95 64 Capsules

Take it to the next level

- **Get to the finish line faster**
- **Enjoy better endurance**
- **Reduce lactic acid**

If you found a supplement that enhanced the functions and performance of your body's three energy production pathways, and also effectively buffered lactic acid, you'd take it, wouldn't you? Race Day Boost is that product–and yes, it's safe and legal! In the most extensive study to date on Race Day Boost's primary ingredient, fit cyclists in a 40K time trial netted a whopping 8% improvement in performance time. The simple formula belies its profound effectiveness, aiding in increased cellular energy production and buffering performance-robbing lactic acid.

No matter what duration your event may be, a four-day loading dose of Race Day Boost prior to a key race can make a noticeable difference in your performance.

Supplement Facts

Serving Size 2 Teaspoons (6 grams)
Servings Per Container 32

Amount Per Serving		%DV
Calories	24	
Total fat	0	
Total Carbohydrate	4.5g	2%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	0g	0%
Sodium Phosphate	1,000mg	†
Glutamine	500mg	†

OTHER INGREDIENTS
(Powder shown) Maltodextrin.

SUGGESTED USAGE
Take 2 level teaspoons 4 times per day, with 6-8 ounces of warm/hot water, for 4 days prior to competition. For best results, allow 2-4 weeks between loading cycles.

Dosage varies based on body weight.

Real Athletes, Real Results!

"I use Race Day Boost for all my big cycling competitions, especially my state and national time trial championships. It is the 'edge' I don't want to tell my competitors about. I love the way it buffers the lactic acid in my legs and eliminates that awful burn. Thanks Hammer Nutrition!" - Julie K.

Pure energy on demand

- **Instant energy right when you need it**
- **Restore energy after a hard effort**
- **Help maintain overall energy production**

ATP is the chemical compound that provides an overwhelming majority of the energy needed by the body. Under normal conditions, the body can produce all of the ATP that it needs for a healthy existence. However, during stressful conditions, such as high-intensity exercise, the body's ATP stores are rapidly depleted and cannot be replenished quickly enough by normal means. When you're in a race and you need to step up the effort, your body must have the cellular goods to deliver the performance; that's exactly where Energy Surge shines.

Energy Surge's 100 mg of PEAK ATP® is rapidly absorbed, so it's ready to go to work right away. The patented PEAK ATP® form of adenosine triphosphate is the only form of ATP clinically tested to demonstrate efficacy in boosting circulating ATP levels.

SIZE 30 Tablets

PRICE **$16.95**
$14.95 3 or more

PEAK ATP®

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

Amount Per Serving	%DV
Magnesium (as Magnesium Glycerol Phosphate) 10mg	2.5%
ATP (as Adenosine Triphosphate) 100mg	†

INGREDIENTS
Adenosine Triphosphate, Magnesium Glycerol Phosphate, Fructose, Manitol, Natural Flavors, Cellulose Gum, Magnesium Stearate.

SUGGESTED USAGE
Take 1-3 tablets under tongue and allow to dissolve slowly, 5-30 minutes before workouts. Take additional tablets as needed.

Real Athletes, Real Results!

"I just finished the last cyclocross race of the Northern California series. It was very much a power course on mostly damp, energy-draining lawn. The last section was fast and off-camber, leading to a sprint finish. I used my mtb skills to pass on the off-camber section, and Energy Surge made sure I didn't get passed on the sprint." - Rick T.

Energy Surge gives you the edge when you need it.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

The most potent, legal performance enhancer

Guaranteed!

- **Reduce muscle fatigue**
- **Enhance energy and endurance**
- **Increase workload capacity**

Efficient energy production from your food and oxygen intake requires several important substrates. Exercise rapidly depletes these important nutrients. Taking Race Caps Supreme is like putting fresh spark plugs in your body, ensuring consistent, efficient energy production. In addition, several nutrients in Race Caps Supreme–headed up by Coenzyme Q10 and Idebenone–are superb antioxidants and key nutrients for cardiovascular health. Other companies offer anemic attempts at an endurance supplement, but Race Caps Supreme stands alone as a safe, comprehensive, and effective formula promoting higher energy levels, increased endurance, and improved recovery. Race Caps Supreme provides dynamic general health benefits as well, making it a year-round essential. If there's one supplement with which to start your program, this is it.

SIZE 90 Capsules

PRICE **$47.95**
$44.95 3 or more

Real Athletes, Real Results!

"Adding Race Caps Supreme to my nutrition platform this race season has proved to be a terrific decision. With Race Caps Supreme, I feel that I am a much stronger athlete, which has greatly helped me power through my longer and more difficult workouts. Great product for any athlete looking to progress to the next level." - Charlie C.

"Race Caps Supreme just got me through my workout and I wanted to do another one! That stuff is amazing. Props to Hammer Nutrition!" - Ben H.

"I love Race Caps Supreme! I took them in my last race and in the last 6-7 miles, my legs felt better than ever before and I passed about eight riders!" - Tony S.

Powerfully beneficial components in the Race Caps Supreme formula

Vitamin E – Energy production is not a completely "clean" process; free radicals, which can cause tissue and cellular damage, are a naturally occurring and unavoidable metabolic by-product. That's precisely why vitamin E, while not directly involved in the cellular respiration process, is a vital component in the Race Caps Supreme formula.

Oxy-Assist – This precise blend of three nutrients provides benefits for enhancing oxygen utilization, optimizing fats-for-fuels capabilities, and supporting energy production and acid buffering.

Trimethylglycine (TMG) – This nutrient assists with the utilization of fatty acids for energy production, has been used to treat muscular weakness and degeneration, is a powerful antioxidant, and primarily acts as a methyl donor to enhance the transport of oxygen to muscle tissues.

Inosine – This nutrient plays many roles in the body, including ATP production. Perhaps one of the most beneficial is its ability to increase oxygen-carrying capacity of blood, allowing more oxygen to be delivered to the muscles, thereby reducing fatigue.

Glycerol phosphate – Used in the muscle mitochondrial cells for the production of energy, phosphates are also beneficial for buffering excess acidity.

Krebs cycle intermediates – Race Caps Supreme supports the TCA (Krebs) cycle by supplying a precise amount of the Krebs cycle intermediates malate, citrate, aspartate, lysinate, and glycinate, which are chelators for the minerals calcium, magnesium, and potassium. Another Krebs cycle intermediate, alpha ketoglutarate, is included as well.

Digestive aids – To ensure maximum nutrient absorption, Race Caps Supreme contains a potent blend of various digestive aids, including the proprietary formula Enzyme Enhancement System™, which consists of no less than eight digestive enzymes.

Scott Eppelman's 124.84-mile run earns him an "ultra" solid 1st place at 24 The Hard Way in Oklahoma City. Photo : Biff Stephens

Order 3 and save $9.00!

KNOWLEDGE
Real, potent ingredients

The two key players in the Race Caps Supreme formula are Coenzyme Q10 (CoQ10) and Idebenone. These two nutrients are the primary substrates involved in the Electron Transport Chain process of ATP (energy) production by the mitochondria.

CoQ10's importance is difficult to overstate because, quite simply, without it the chain of cellular energy production is broken. This is key not only for athletic performance, but also for maintaining strong immunity and cardiovascular and brain health. For both athletic performance and general health applications, there is simply no question that the athlete MUST supplement with CoQ10.

Idebenone is an analogue of CoQ10 and a superb complement to this remarkable nutrient. In fact, some experts suggest it to be even more powerful in action than CoQ10. In essence, Idebenone extends the already powerful benefits of CoQ10 and under hypoxic (low oxygen) conditions, Idebenone's ATP-generating capabilities are even superior to CoQ10.

If you're not taking Race Caps Supreme, you're simply not getting the most out of your training and you're denying yourself the opportunity for greater success in your races.

Real Athletes, Real Results!

"I've been taking Race Caps Supreme for three weeks now and WOW! I have energy to train like never before – plus plenty of leftover energy to care for my kiddos. Thanks!" - Stephanie H.

"Race Caps Supreme has made a noticeable and measurable difference in my training and race performances. Having used this supplement with success enhances my confidence as I move forward in my athletic endeavors. I believe in Hammer Nutrition products!" - Scott D.

Supplement Facts

OTHER INGREDIENTS
Stabilized Rice Bran, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 2-3 capsules one hour before workout. Take 1 capsule in the morning on non-workout days. For more detailed information, check out the *Hammer Nutrition Product Usage Manual.*

Note: The endurance-enhancing benefits, general health, and potential anti-aging benefits derived from Race Caps Supreme are cumulative. We recommend taking this product on a daily basis. For even greater and more amplified benefits, take Race Caps Supreme with Mito Caps.

HAMMER NUTRITION 1987–2012 25 Years of Endurance

Mike Freeman leads a group during the Tucson-based Hammer Camp. Photo : Madeline Frank

Your performance foundation

High-potency multivitamin/mineral supplement designed specifically for endurance athletes

- **More energy all day**
- **Enjoy superior health**
- **Fill nutrient gaps in diet**

Though all people, especially athletes, should strive to eat a healthy and balanced diet, few do. Additionally, our food supply is desperately lacking in the nutrients it once had–up to 90% less than a few decades ago. These reasons are why statements such as "you can get all the nutrients you need from your food" are hopelessly outdated and why the consistent use of a multivitamin/mineral supplement is essential. The key to obtaining noticeable benefits is to provide your body with optimal amounts of nutrients, not just minimum "daily recommended" amounts, and that's where Premium Insurance Caps comes in. Formulated with Optimum Daily Intake (ODI) amounts of the highest quality vitamins and minerals, along with an impressive array of auxiliary nutrients and digestive enzymes, Premium Insurance Caps is one of the best, yet remarkably inexpensive, investments you can make in your health.

SIZE	120 Capsules 210 Capsules
PRICE	**$19.95** 120 Capsules **$33.95** 210 Capsules

Supplement Facts

OTHER INGREDIENTS
Plant-based Stearic Acid, Vegetable Capsule (plant cellulose and water).

SUGGESTED USAGE
Take 3-7 capsules daily during a meal. On heavy training days (more than 2 hours), 3-7 additional capsules can be taken. For best results, split dose, taking half with AM meal and half with midday meal.

Real Athletes, Real Results!

"I started teaching at the high school level this past year and when I signed up for the job, I felt like I was signing up for frequent colds and illness since everyone told me that first-year teachers get sick a lot. Outside of teaching I had a busy schedule combined with a heavy training volume, but only had two short-lived, minor colds; I, in large part, attribute it to Premium Insurance Caps and Phytomax. Thanks for meeting my training and health needs!" - Yolanda F.

Provide your body with optimal amounts of nutrients!

KNOWLEDGE

The balanced diet myth – shattered!

Approximately 50% of athletes report that they take no dietary supplements because they already eat a "balanced diet." Do you fall into this group?

Did you know that there has never been a single clinical study that documents what comprises a balanced diet, nor one that has demonstrated one's ability to meet basic nutrient requirements solely through whole foods? In fact, new studies show that our food supply does not provide all of the micronutrients we need to prevent deficiency, let alone achieve optimal health.

Where exactly does regular food consumption fall short? Usually not in calories (except during and right after endurance exercise), never in salt, often in protein for hard-training athletes, seldom in fat (though Omega 3s can be an issue for some), and almost always in micronutrients.

Regular diets simply can't cover the entire range of vitamins, minerals, phytochemicals, antioxidants, and other micronutrients necessary to maintain optimal health and peak athletic performance.

Therefore, if you want to achieve your best performances in your workouts and races–and even more importantly, enjoy optimal health (not minimal, optimal!)–then daily supplementation is a necessity, not an option. Luckily, Hammer Nutrition can provide you with the supplements you need to reach your performance and health goals!

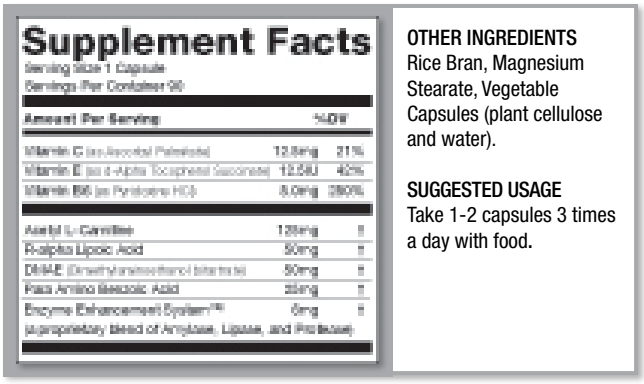
Turn back the clock

- **Improve energy production**
- **Antioxidant support**
- **Potential increase in longevity**

The unique Mito Caps formula, which incorporates some extraordinarily exciting discoveries in cellular physiology, helps mitochondria (the energy-producing organelles in every cell of your body) work more efficiently and stay healthy. To quote one nutritional expert, "The longer you can stimulate the lifespan or health of the mitochondria, the longer you will live and the better you will perform in endurance events. The athlete who has the most healthy/efficient mitochondria is the athlete who performs at his or her best." The take-home message is that if you take care of your mitochondria, they'll take care of you in so many ways. This is one supplement you'll want to start on right away and stay with for life!

SIZE 90 Capsules

PRICE **$24.95**


Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving		%DV
Vitamin C (as Ascorbyl Palmitate)	12.5mg	21%
Vitamin E (as d-Alpha Tocopheryl Succinate)	12.5IU	42%
Vitamin B6 (as Pyridoxine HCl)	5.0mg	250%
Acetyl L-Carnitine	125mg	†
R-alpha Lipoic Acid	50mg	†
DMAE (Dimethylaminoethanol bitartrate)	50mg	†
Para Amino Benzoic Acid	25mg	†
Enzyme Enhancement System™ (a proprietary blend of Amylase, Lipase, and Protease)	0mg	†

OTHER INGREDIENTS
Rice Bran, Magnesium Stearate, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 1-2 capsules 3 times a day with food.

Real Athletes, Real Results!

"I don't know what the heavy hitters are in Mito Caps but I started loading up on those before Big Sur, and wow they seemed to work!" - Hagan B.

What have you done for your mitochondria lately?

Skip Yungfleisch races down the Rock Store Descent in the Santa Monica Mountains. Photo : Paul Herold/RockStorePhotos.com

HAMMER NUTRITION 1987-2012 25 Years of Endurance

DIET OPTIMIZATION

APPESTAT, PHYTOMAX, CHROMEMATE, DIGEST CAPS, BORON

SIZE 90 Capsules

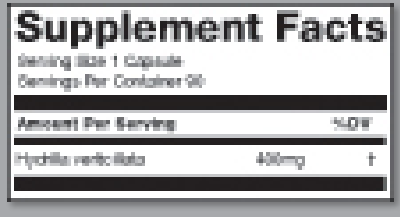
PRICE **$22.95**
$19.95 3 or more

Live green superfood for peak energy

- **Non-stimulant energy boost**
- **Powerful immune system support**
- **Higher quality sleep**

Many athletes who consistently use Phytomax enjoy increased energy levels, faster recovery, improved immune system function, improved moods and mental clarity, and a higher quality of sleep. Why? Because they're providing what their body needs but isn't getting from their paltry intake of commercially grown, nutrient-diminished produce shipped across the continent, or even farther.

Phytomax is produced from *Hydrilla Verticillata*, an aquatic plant with an impressive nutrient profile of vitamins, minerals, enzymes, fatty acids, antioxidants, RNA, DNA, chlorophyll, and other phytonutrients. Specific harvesting methods and special low-heat drying and fine-grinding processes preserve the "living" enzymes and rich nutrients stored in the plant, making Phytomax unequaled in nutrient density and bioavailability when compared to any "green food" product currently on the market. All athletes should increase their intake of fresh, locally grown organic produce, but most of us simply can't consume 5-7 servings daily. That's why Phytomax belongs in your daily supplement program.


Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving %DV

Hydrilla verticillata 400mg †

OTHER INGREDIENTS
Stabilized Rice Bran, Magnesium Stearate, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 3 capsules daily as a dietary supplement with a meal.

Real Athletes, Real Results!

"I use Phytomax every day, and I no longer have that afternoon crash on the drive home. This is great for me, since being tired on the drive is so easy to use as an excuse to slack off on training. Now I am home and hitting the workouts without fail, and with great motivation. Thanks for a great product." - Paul O.

KNOWLEDGE

Why athletes need supplements

Your primary nutritional goal is to consistently practice a healthy diet. Consume whole grains, high-quality protein, and locally grown organic foods while avoiding packaged/processed foods and junk foods as much as possible. Restrict sodium and avoid foods containing excess simple sugars, such as sucrose and fructose. Artificial sweeteners, colors, flavors, and preservatives should be avoided at all costs. However, even if you can do all of this, it's not enough.

As an endurance athlete, you place enormous physiological demands on your body, so your nutrient requirements–just to maintain health–are much greater than the average person. However, your goal isn't to just maintain health at a minimally acceptable standard; your goal is to achieve supreme health. In addition, you want to get the absolute most out of your body so that it can do what you want it to in your workouts and races, while you have more fun and achieve greater success in the process. That's where an intelligent, high-quality supplement program comes in; it plays an undeniably vital role in helping you achieve optimal athletic performance and overall health.

An ever-increasing body of research shows that many diets are insufficient in supplying enough nutrients to prevent a deficiency disease. Taking supplements helps bridge the gap between what you need and what you're actually getting. Consuming an optimal diet as consistently as possible and augmenting that with sufficient amounts of vitamins, minerals, antioxidants, and auxiliary/complementary nutrients is the best way to cover your nutritional bases.

For these reasons, supplementation is not an option; it's essential. Hammer Nutrition supplements are designed for just that purpose, and they're ready to go to work for you!

Set yourself up for success when you use these specific nutrients!

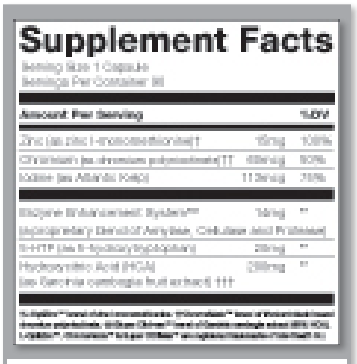
Todd Hine enjoys a beautiful day at the Hoover Dam Marathon near Boulder City, Nevada. Photo : Debbie Hine

Jitter-free weight loss

- **Suppress appetite without stimulants**
- **Help increase fat metabolism**
- **Reduce potential for carbohydrate-to-fat conversion**

We have lots of grizzlies here in northwest Montana, and in the off-season they set their activity level at "hibernate." We know you don't cut back on your training that much, but you do cut back, and you stay awake all winter eating. Come next season, you look like you are ready to hibernate. If that's the case, then you need Appestat, the guaranteed way to restrict appetite during the off-season, or any time you want to decrease your caloric intake without feeling hungry all day. Appestat safely suppresses appetite and increases carbohydrate metabolism, thereby helping to decrease body fat accumulation and weight gain without the use of potentially harmful stimulants. When you start next season already at your ideal weight, you'll be glad you invested a few dollars in Appestat.

SIZE	90 Capsules
PRICE	**$27.95**


Supplement Facts

OTHER INGREDIENTS
Magnesium Stearate, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 1-2 capsules 60 minutes before lunch and dinner. Use in a cycle of three weeks ON with one week OFF before starting another 3-week cycle.

Real Athletes, Real Results!

"Normally I don't care much about my weight, but I figure my transition to ultrarunning will be a lot easier if I'm a lot lighter. Thanks again!" - Frank N.

Appestat is the guaranteed way to restrict appetite during the off-season.

Quality you can trust

Since 1987 we have sold only natural, safe, high-potency fuels and supplements that contain exactly what the label says they do and nothing else. When you use our fuels and supplements correctly, you'll experience higher quality, more consistent training with quicker recovery. That translates into increased performance and faster times on race day, all season long.

1987-2012 25 years

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Tell others about Hammer Nutrition & get rewarded!

Use the Athlete Referral Program

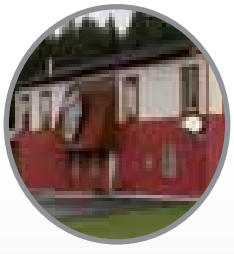
Here's an example of how it works . . .

Brian (in the Hammer gear) tells his friend Ronnie (not a Hammer client) about the superior fuels and supplements from Hammer Nutrition.

1. Ronnie calls* and places his FIRST order with Hammer Nutrition and receives 15% OFF his order total. He's happy!

2. Brian gets 25% of the total of Ronnie's FIRST order credited to his account to use just like cash on future orders. He's happy!

3. Hammer Nutrition gets another satisfied customer. We're happy! It's a win-win-win situation!



**Orders can be placed online as well. The first-time client must reference the client number or full name of the referring client in order to receive the discount. Some restrictions do apply (see below). Check the website for details.*

Program Details

1. Referral rewards can be used just like cash for any order you place.
2. We keep track of your rewards for you. Call anytime for an update.
3. Whenever you place an order, you can apply your rewards to that order or save them for future use.
4. If you order online, just add a note asking that we apply any available rewards.
5. Need more cards to give out? Download the PDF on our website.

Start getting rewards now!

Here are two cards to get you started. Pass them out today!

15% Off Your First Order!

Mention the name and/or client number on this card to receive 15% off your first order with **HAMMER NUTRITION**! Call or go online now.

Name _____

Client Number _____

1.800.336.1977
www.hammernutrition.com
HAMMER NUTRITION

15% Off Your First Order!

Mention the name and/or client number on this card to receive 15% off your first order with **HAMMER NUTRITION**! Call or go online now.

Name _____

Client Number _____

1.800.336.1977
www.hammernutrition.com
HAMMER NUTRITION

A Few Restrictions Shipping charges are not included in discounts or rewards. • We cannot offer retroactive rewards. Your friend must mention your name or client number at the time of ordering. • The person being referred must not have ordered anything from us before. • Do not refer your spouse or have a friend be the new client and place an order for you. • Not applicable to members of the same household. • Cannot be used with another offer. • We reserve the right to end this program or refuse any individual at any time without notice. • Referral rewards will expire after one year. • Valid referral cards are always available free of charge. • This rewards program does not apply to EMS unit purchases. Visit www.hammernutrition.com/deals/ems-referral-program/ for EMS-specific referral program.

Get the VIP treatment
Join the HAMMER AUTOSHIP Program today!

What is it?

The HAMMER AUTOSHIP Program offers the ultimate in convenience and VIP treatment with scheduled shipments and discounted pricing.

FREE clothing!

Receive a free Hammer Nutrition clothing kit with your first order! Select one of our sport-specific kits: cycling jersey and shorts, tri jersey and shorts, running top and shorts, or swimwear with a swimcap and a large towel. Ask a Client Advisor for more information.

How does it work?

Call our 800# to have one of our friendly client advisors help you select the correct Hammer Nutrition fuels and supplements to meet your needs and goals. We'll then ship your products every 90 days (free ground shipping!) without you ever having to pick up the phone again.

An advisor will also call or email you approximately ten days before your scheduled ship date to see if you'd like to add anything to your order to take further advantage of free shipping and discounted pricing.

Call Katey to sign up for the Autoship Program and start saving today!

What do you get?

1 - A special team of advisors assigned to your account and special access to our experts.

2 - Automatic resupply of products every 90 days.

3 - On your first AUTOSHIP order, we'll send you a clothing kit (top and bottom) for FREE*.

4 - On your second AUTOSHIP order, you'll receive a FREE softgoods item of your choice, up to $20 in retail value.

5 - FREE goodies on every future shipment as well.

6 - Discounted pricing, exclusive offers, and much, much more!

7 - FREE ground shipping on all automatic shipments and one fill-in order per quarter.

Don't wait any longer, become a VIP today!
Call 1.800.336.1977

Real Athletes, Real Results!

Two years ago at the end of triathlon season, I was diagnosed with a severe partial tear of my Achilles tendon. Initially, my doctors told me it was degenerative and that I'd probably have to give up running. Maybe because they weren't runners themselves, they couldn't understand why I thought that never running again was not a good option.

After an initial 12 weeks of physical therapy I was no better. A family friend (an orthopedic surgeon) found a doctor willing to try Platelet Rich Plasma injections in my Achilles to jump start my body's own healing process. After the injections, six weeks in a boot, and 12+ weeks of physical therapy, I was able to begin running again, very slowly, very short distances, but pain-free.

I ran the Orange County Marathon this year, very slowly, but completed the race without complication. I continued training and recently made my first podium finish with a 3rd age group at the Imperial Beach Triathlon. In the process I set a PR for the course that I've done more than six times before, even faster than my best pre-injury year (2008).

As a longtime Hammer Nutritrion client going back to the old E-CAPS days, the whole time I was unable to run or ride, I continued to receive my Hammer Nutrition autoshipments. I could have cancelled them, but they helped to remind me of the lifestyle I was trying to get back. Well, I'm happy to say I'm back to running and riding, and am working my way through my "back stock."

Thanks, Hammer Nutrition, for literally always being there.
Scott Zidbeck (pictured)

** If you cancel the autoship program before taking delivery of four consecutive quarterly shipments, we will bill your credit card for the retail cost of the free clothing kit. If you discontinue the program and rejoin within one year, you are not eligible for more free clothing until your fourth consecutive shipment after resuming. Aside from these stipulations, you are free to cancel your participation in this program at any time. Quarterly shipments must total at least $150 each. Cannot be combined with other offers.*

HAMMER NUTRITION 1987-2012 25 Years of Endurance

SIZE 60 Capsules

PRICE **$16.95**

Real Athletes, Real Results!

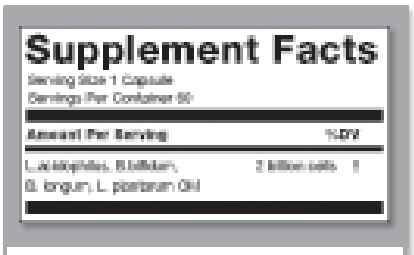
"As embarrassing as this is, I have to let you know that the Digest Caps SAVED ME. For as long as I can remember I have had issues with gas. I have seen every doctor you can think of and have tried every product on the market. It only took a couple days to take affect and I have been gas-free for months. THANK YOU!" - Anna S.

Optimize digestion with probiotics

- **Improve intestinal health**
- **Increase nutrient absorption**
- **Reduce ammonia levels & fatigue**

All bacteria are not created equal. Infections, poor diet, stress, overuse of NSAID medications, antibiotics, and even chlorinated water can deplete or destroy the healthy bacteria living in the human digestive system. This can allow undesirable bacteria to flourish and compromise digestive system function, nutrient absorption, intestinal health, and immunity.

Containing substantial amounts of four potent strains of healthy bacteria, Digest Caps tilts the all-important balance of intestinal flora in favor of the "good guys." This helps prevent negative intestinal flora from wiping out your hard-earned training gains and compromising your health. If you're at risk because of any of the above-mentioned intestinal stressors, do yourself a favor by taking Digest Caps. Better yet, keep a bottle on hand so you'll always be ready to right the ship.


Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	%DV
L. acidophilus, 8 billion,	2 billion cells †
B. longum, L. plantarum DM	

OTHER INGREDIENTS
Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 1-2 capsules daily with or without food.

SIZE 100 Capsules

PRICE **$13.95**

Real Athletes, Real Results!

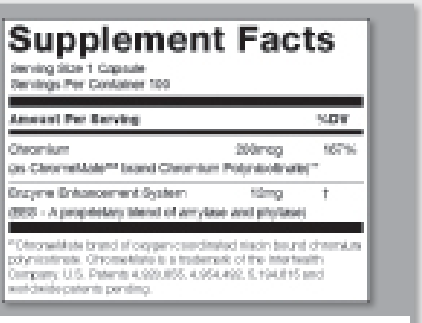
"I started training this season weighing 218 pounds (6'3"), with the goal of dropping 20-25 pounds. I took on a healthier, more natural diet, and started taking Chromemate to improve my insulin efficiency. I now have stable energy levels; no 3 p.m. fade at the office, better results from training, and I'm 18 pounds lighter after two months! Thank you, Hammer Nutrition!" - Jon A.

The trace mineral with BIG benefits

- **Enhance glycogen synthesis for superior recovery**
- **May improve cholesterol, blood sugar, & blood pressure levels**
- **Help curb sugar cravings**

It might be considered a trace mineral, but there's nothing "trace" about the profound benefits chromium provides for both athletic performance and general health. For example, supplementing your post-workout/race fuel with chromium polynicotinate (not to be confused with chromium picolinate or other forms of this mineral) significantly enhances recovery due to chromium's involvement in the rate of glycogen synthesis. Additionally, chromium plays a vital role in energy production and the synthesis of glucose, fatty acids, and amino acids.

Considered by many experts to be the "master nutrient" for controlling blood sugar, chromium is an important nutrient for everyone, especially diabetic athletes, athletes with hypoglycemia, and for anyone wishing to maintain optimal weight. Taking a Chromemate capsule with meals can help you maintain consistent energy throughout your day and eliminate the dreaded mid-afternoon fade.


Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Serving	%DV
Chromium 200mcg	167%
as ChromeMate™ Inositol Chromium Polynicotinate	
Enzyme Enhancement System 10mg	†
(EES) - A proprietary blend of amylase and phytase	

† Chromemate brand of oxygen-coordinated niacin bound chromium polynicotinate. Chromemate is a trademark of the Interhealth Company. U.S. Patents 4,554,165; 4,954,492; 5,194,615 and worldwide patents pending.

OTHER INGREDIENTS
Rice Flour, Beet Fiber, Vegetable Capsules (plant cellulose and water).

SUGGESTED USAGE
Take 1-3 capsules daily with food.

Hammer Nutrition staffer Ry Watkins takes 2nd place in his age group in the Sport Men division during the first race of Whitefish Mountain Resort's summer race league series. Photo : Jessica Downing

KNOWLEDGE

The hardest working mineral in your body

A key mineral for bone health
Boron is vitally important for maintaining and improving bone health due to its role in assisting with the bone-building effects of calcium, magnesium, phosphorus, and vitamin D. Studies show that adequate intake of boron reduces the loss of calcium and magnesium excreted in the urine. That ensures that more of these two important minerals stay in your body!

Ammunition against kidney stones
If you've ever suffered from this most painful malady, it's a bridge you only want to cross once. One study showed a decrease in total urinary oxalate following boron supplementation, which suggests that boron may play a role in helping to prevent this unpleasant condition caused by the formation of stones in the urinary tract.

An aid for hypertension and arthritis
Both hypertension and arthritis are due, at least partially, to abnormal calcium and magnesium metabolism and balance. Because of boron's function in helping to maintain correct levels and metabolism of calcium and magnesium, this trace mineral may aid in preventing and/or reducing these two diseases.

Enjoy optimal hormone levels

- **Buoy hormone levels**
- **Enhance bone health**
- **Restore libido**

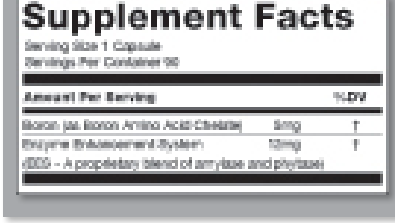
Boron isn't as well known as other minerals such as calcium, magnesium, and phosphorus, but they can't do their job without it. Boron is vital for the production of certain anabolic hormones that help maintain healthy bone mineral mass and ensure complete recovery from high-volume training. Boron is a valuable addition to your supplement regimen during periods of peak training and racing when you are most at risk for depletion.

SIZE 90 Capsules

PRICE **$14.95**

Real Athletes, Real Results!

"Being an athlete who is past the 45+ mark, I rely a lot on antioxidants and proper recovery methods. In addition, as we age, the testosterone level goes down a lot in us men. Supplementing with Boron helps me keep my levels up to make for not only better training and racing, but a better energy level in general." - Jake B.



OTHER INGREDIENTS
Stabilized Rice Bran, Vegetable Capsules (plant cellulose and water).

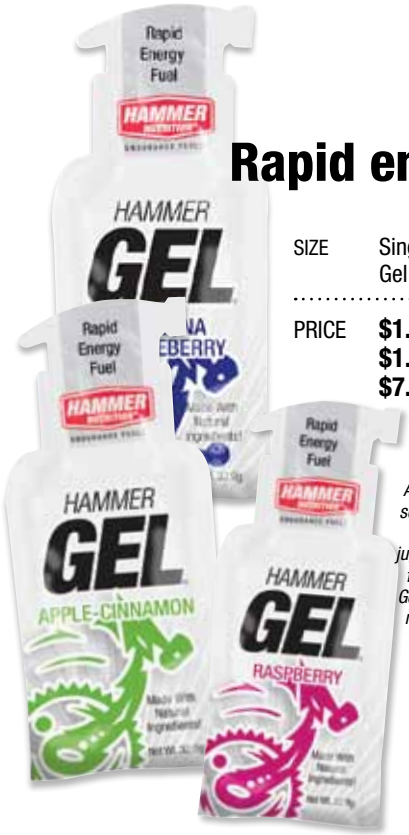
SUGGESTED USAGE
Take 1 capsule daily with a post-workout/race meal.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Superior products for young athletes

Alyssa Coe earns a podium spot at her first triathlon! Photo : Laura Coe

Rapid energy fuel



SIZE Single Serving Gel Sampler

PRICE **$1.40** Single
$1.30 12 or more*
$7.95 Sampler**

*Available in single-serving packets and 26-serving jugs. *Mix and match flavors. **Hammer Gel Sampler contains nine single-serving packets.*

Available in
8 delicious, caffeine-free flavors
Apple-Cinnamon, Banana, Chocolate, Montana Huckleberry, Orange, Raspberry, Unflavored, Vanilla

Recover right

Available in single-serving packets and 32-serving bags.

SIZE Single Serving

PRICE **$3.25** Single
$2.95 6 or more*
**Mix and match flavors.*

Wholesome food on the go

SIZE 50g Bar

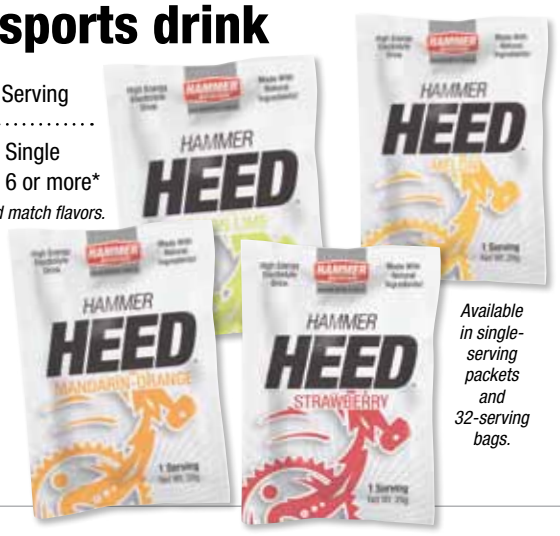
PRICE **$2.50**
$2.40 12 or more*
**Mix and match flavors.*

Almond Raisin, Cashew Coconut Chocolate Chip, Chocolate Chip, NEW Cranberry, and NEW Oatmeal Apple

A real sports drink

SIZE Single Serving

PRICE **$1.95** Single
$1.80 6 or more*
**Mix and match flavors.*



Available in single-serving packets and 32-serving bags.

FUELS

With the absence of refined sugars and artificial sweeteners, colors, and preservatives, Hammer Nutrition fuels are not only acceptable for young athletes and active kids, they're the logical choice!

SUPPLEMENTS

We currently produce 20 supplements, most of which are for adult use. There are, however, a few supplements that we believe are not only appropriate for children, but highly beneficial as well.

Help the "good guys"

Digest Caps – Has your child been on a course of antibiotics? If so, it's important to re-establish the healthy bacteria in the intestinal tract. One capsule of Digest Caps daily is the ideal way to help tip the scales in favor of the "good guys."

SIZE 60 Capsules

PRICE **$16.95**

Build a strong foundation

Premium Insurance Caps – Providing all of the necessary vitamins and minerals, plus some beneficial auxiliary nutrients, our suggested dose is one capsule per 25 lbs of body weight daily.

SIZE 120 Capsules
210 Capsules

PRICE **$19.95** 120 Capsules
$33.95 210 Capsules

Also kid-friendly!

Endurolytes, Endurolytes Fizz, Hammer Whey, Hammer Soy, Perpetuem, Perpetuem Solids, Sustained Energy

Kameron Coffey looks relaxed before her fifth triathlon where she took 1st place in the girl's division and 2nd overall. Photo : Jim Coffey

Get your greens

Phytomax – A goldmine of concentrated vegetable nutrition, Phytomax doesn't replace the consumption of fresh vegetables but rather helps bridge the gap between what your child may be consuming and what they should be consuming. One or two Phytomax capsules daily is a good way to augment your child's vegetable intake.

SIZE 90 Capsules

PRICE **$22.95**
$19.95 3 or more

Hammer Nutrition recommends receiving approval from a health care professional before starting your child on any supplement program.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Body Care
It's only natural

We've developed a unique line of body care products with the same uncompromising standards as our fuels and supplements: all-natural ingredients, free of chemical additives, and unparalleled effectiveness and value. Hammer Nutrition has your body care needs covered!

Real Athletes, Real Results!

"I love Hammer Nutrition body care products. You sent me a sample of both Seat Saver and Hammer Balm in my last order, and what more can I say than . . . awesome!" - Chris C.

NEW - Hammer Lips
Soothing Lip Care

Like the other exceptional products that make up our body care line, new Hammer Lips is 100% natural and completely free of camphor, menthol, petroleum, and other harsh chemicals. The moisture-rich formula includes olive oil to regenerate skin cells and soften tissue, and apricot oil, which is rich in essential fatty acids and aids absorption. Available in Wildberry and Wintermint.

INGREDIENTS (Wildberry flavor shown)
Apricot Oil, Olive Oil, Beeswax, Castor Oil, Glycerin, Aloe Vera Oil, Jojoba Oil, Natural Flavor Oils, Vitamin E Oil, Candelilla Wax, Carnauba Wax, and Zinc Oxide.

SIZE 0.15 ounce

PRICE **$2.95**
$2.75 6 or more

Real Athletes, Real Results!

"I love the Hammer Lips! I feel very good about using a natural product on my lips, and it's got a wonderful moisturizing consistency that feels very nice." - Misty M.

Hammer Balm
Triple Action Transdermal Muscle Cream

Real Athletes, Real Results!

"I love your Hammer Balm. I've had issues with my Achilles tendons for a few years and have tried everything to make them feel better. Hammer Balm has worked. Don't ask me WHY it works, I just know it does!" - Kevin Y.

"I had two shoulder sugeries within 18 months and used Hammer Balm as I got back into training and racing. Not only does it help warm up the area at the beginning of a workout, but it greatly reduces the pain." - Julie K.

We've developed a transdermal, deep-penetrating analgesic compound to alleviate pain and discomfort associated with sore muscles and inflamed joints. Hammer Balm is 100% natural and completely free of camphor, menthol, petroleum products, or chemical additives.

INGREDIENTS
Distilled Water, Soy Lecithin, Isopropyl Myristate (IPM), Ginger Root, Clove Oil, Olive Oil, Pure Beeswax, Stearic Acid, Arnica Flowers, Cayenne Pepper.

SIZE 0.3 ounce
1.5 ounce
4.0 ounce

PRICE **$4.95** 0.3 oz. Tube
$21.95 1.5 oz. Tube
$34.95 4.0 oz. Jar

Cool Feet
All-Natural Foot Powder

Finally, there's an all-natural foot powder that deodorizes and provides effective bacterial and fungal defense so your feet stay comfortable, no matter how extreme the conditions get.

INGREDIENTS
Arrowroot, Baking Soda, French Clays, Essential Oils of Basil, Bay, Sage, Tea Tree, and Clove.

SIZE 0.1 ounce
2.7 ounce

PRICE **$1.50** 0.1 oz.
$15.95 2.7 oz.

Seat Saver
Chamois & Anti-Chafing Cream

Real Athletes, Real Results!

"Riding through the hot, sweaty Tucson summer usually leaves me experiencing numerous occasions of saddle discomfort, sometimes bad enough to keep me off the bike for a few days. This year, using Seat Saver before every ride, as well as applying a small amount after every shower, I've encountered no issues and have found a big difference in saddle comfort throughout my long on- and off-road rides, many of them usually into the 4-6 hour time frame. I wish I would have made the switch a long time ago!" - Tom N.

"Seat Saver is the best I've ever used! I used it on a century ride last year and was amazed at how well it worked!" - Fred T.

Suffering from chafing and saddle sores is no fun at all, but with Seat Saver, your skin has its ultimate ally to defend against such unpleasantries. Unlike typical chamois/anti-chafing creams, Seat Saver contains a wide range of scientifically supported, all-natural, skin-specific ingredients that provide lubrication, antifriction support, and antibacterial protection.

INGREDIENTS
Pure Olive Oil, Distilled Water, Shea Butter, Calendula, Yarrow, Chamomile, Comfrey, Stearic Acid, Pure Beeswax, Zinc Oxide, Vitamin E Oil, Basil Oil, Clove Oil, Lavender Oil, Peppermint Oil, Tea Tree Oil.

SIZE	0.3 ounce 2.0 ounce 4.0 ounce
PRICE	**$2.95** 0.3 oz. Tube **$12.95** 2.0 oz. Tube **$19.95** 4.0 oz. Jar

Pelle Eccellente
Ultra-Hydrating Skin Cream

Real Athletes, Real Results!

"Pelle Eccellente is the only thing that helps with my eczema! Thanks, Hammer Nutrition." - Craig T.

"Wow! This stuff is great. I have never had a hand moisturizer that worked for 2-3 days. I let a few of my coworkers try it one day, and the next morning everyone was commenting about how well it worked. Great stuff." - Paul O.

"I've had eczema on my fingers caused by who knows what and this stuff stopped it dead. I mean no scaling, no peeling, and no itch. I don't get it, but I'm buying more." - David I.

Pelle Eccellente is an impressively unique formula containing 16 different skin-specific nutrients. Experience excellent skin with this long-lasting, ultra-hydrating cream formulated to provide environmental protection and repair lackluster skin, leaving it nourished and radiant.

INGREDIENTS
Pure Olive Oil, Almond Oil, Jojoba Oil, Distilled Water, Pure Aloe Vera Gel, Pure Beeswax, Carnauba Wax, Squalane Oil, Vitamin E Oil, Calendula, Hops, Spearmint, Comfrey, Ginger, Mullein, Essential Oils of Peppermint, Clove, and Wintergreen.

SIZE	0.3 ounce 2.0 ounce 4.0 ounce
PRICE	**$3.95** 0.3 oz. Tube **$19.95** 2.0 oz. Tube **$32.95** 4.0 oz. Jar

Soni-Pure
Alcohol-Free Antibacterial Hand Sanitizer

Soni-Pure is petroleum-free and alcohol-free, so it won't dry your skin or expose you to harsh chemicals. What it will do is provide an effective defense against germs and bacteria. Soni-Pure has been shown to kill 100% of aerobic bacteria, yeast, mold, and fungi for up to eight hours . . . that's right–eight HOURS! Plus, it doesn't have that awful chemical odor; in fact, Soni-Pure smells downright pleasant!

INGREDIENTS
Distilled Water, 99% Pure Aloe, Organic Sunflower Oil, Organic Coconut Oil, Organic Glycerine, Potassium Palm Kernelate, Palm Kernal Acid, Potassium Citrate, Proprietary Antibacterial Blend (Pink Grapefruit Seed Extract, Essential Oils of Orange, Basil, Bay, Tea Tree, Sage, and Clove).

Real Athletes, Real Results!

"Soni-Pure is the best hand sanitizer I have found. It doesn't dry out your skin, lasts up to eight hours, and smells great. I keep a container in my car and use it whenever I get done grocery shopping or any other activity that involves touching a lot of things in a public place." - Andy S.

SIZE	2.0 ounce
PRICE	**$9.95**

Men's Cycling

Cranking the peloton up a notch

ARM WARMERS

Short Sleeve Jersey $39.95
Mid-level collar, three rear pockets, full-length exposed zipper.
Fabric-Airies Micro Plus
SIZE : S-XL

NEW FABRIC - Cycling Shorts/Bibs $68.95/$72.95
Multi-panel design with flat seams, silicone leg gripper, soft elastic waistband, and our favorite Trilogy chamois!
Fabric-Forza HC / **Pad**-Trilogy
SIZE : S-XL

Men's Arm Warmers $29.95
Gripper around upper arm.
Fabric-Artico
SIZE : S-XL

VOLER

MADE USA

FABRIC KNOWLEDGE : FORZA HC

MEN'S CYCLING SHORTS, MEN'S CYCLING BIBS, MEN'S TRI SKINSUITS

Forza HC (High Compression) is milled in Italy from superior materials, including tightly knit fine yarns, and increased lycra content. This combination makes for a texturally interesting fabric that is highly durable, visually opaque, and provides greater compression for increased performance and sustainable fit.

FABRIC KNOWLEDGE : TRILOGY PAD

MEN'S CYCLING SHORTS/BIBS, CYCLING SKINSUIT

The five-layer construction uses three different foam densities to supply the ultimate in long-distance comfort. The foam is also perforated for maximum breathability. The Swiss surface fabric is designed to pull both heat and moisture away from the skin.

Skinsuit, gloves, and more!

LONG SLEEVE JERSEY

Long Sleeve Jersey $59.95
Mid-level collar, three rear pockets, full-length exposed zipper.
Fabric-Geotherm
SIZE : S-XL

Sleeveless Jersey $39.95
Mid-level collar, three rear pockets, full-length exposed zipper.
Fabric-Airies Micro Plus
SIZE : S-XL

SLEEVELESS JERSEY

VOLER

MADE IN USA

Aero Shoe Covers

SIZE	PRICE
S-L	**$19.95**

Thermal Booties
(not shown)

SIZE	PRICE
S-L	**$29.95**

MADE IN ITALY

Giordana Cycling Gloves

SIZE	PRICE
S-XL	**$23.95**

Giordana Winter Cycling Gloves

SIZE	PRICE
S-XL	**$33.50**

Cycling Socks
Black or White

SIZE	PRICE
M-XL	**$5.95**

DeFeet

Skinsuit $99.95
FS Elite style, 18" hidden zipper, mid-level collar, single rear pocket, silicone leg gripper, flat seams.
Fabric-Triton / **Pad**-Trilogy
SIZE : S-XL

Turn the page for jackets, vests, and a cyclocross skinsuit!

CYCLING SKINSUIT

Save 15%!

Buy a complete kit consisting of a jersey, shorts or bibs, arm warmers, and a wind jacket and receive 15% off the individual prices! Gloves, socks, and other Voler items will also be discounted if they are ordered at the same time.

Real Athletes, Real Results!

"I am writing to express my appreciation for both the quality of your products and the support you provide to U.S. manufacturing. I rely exclusively on Hammer Nutrition for sports nutrition. Your nutrition products are the best on the market. I also believe in supporting our local economy and businesses. In particular, I appreciate that your fueling products are Made in USA, along with the companies you do business with: Voler, Race Ready, and Polar Bottle. Please keep up the great work and you can count on me as a long-term customer." - John C.

"Thanks for your great products and great service. I actually wore my Hammer kit on my bike commute to work this morning. I was impressed with the quality, and the Voler shorts are very comfortable!" - Scott H.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Wind Jacket $69.95
High collar, mesh back/side/sleeve panels, dual directional zipper, three rear pockets. **Fabric**-Vortex Ripstop
SIZE : S-XL

Wind Vest $43.95
High collar, mesh back and side panels, dual directional zipper, three rear pockets. **Fabric**-Vortex Ripstop
SIZE : S-XL

Thermal Jacket $99.95
High collar, dual directional zipper, three rear pockets. **Fabric**-Denali
SIZE : S-XL

Thermal Vest $72.75
High collar, dual directional zipper with internal wind flap, three rear pockets. **Fabric**-Denali
SIZE : S-XL

FABRIC KNOWLEDGE : VORTEX RIPSTOP

MEN'S WIND JACKET, MEN'S WIND VEST, WOMEN'S WIND JACKET

Microdenier yarns woven in a Ripstop design that is extremely lightweight. It is windproof, water resistant, and breathable. Milled in Japan.

FABRIC KNOWLEDGE : DENALI TRI-LAMINATE

MEN'S THERMAL JACKET, MEN'S THERMAL VEST

Triple-layer thermal construction with micro poly face, brushed back, and a vapor transport, windproof center. Stretch allows garment to be more form-fitting with less wind drag. Milled in Italy.

Cyclocross Skinsuit $124.95
Made of Artico, a thermal fabric that provides cold weather protection, this aerodynamic suit is perfect for any fall ride. **Fabric**-Artico / **Pad**-Torino
SIZE : S-XL

Downhill/Freeride/BMX Jersey $45.95
Baggy fit designed for use with pads and body armor. Longer length with v-neck collar and padded elbows. **Fabric**-Airies Micro Plus
SIZE : S-XL

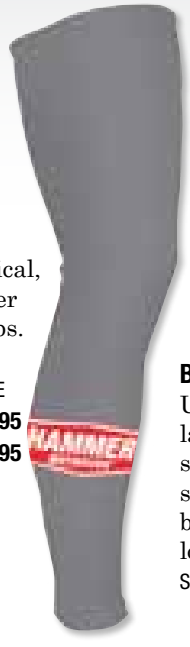
Compression
Keep it together

Some of the best socks you'll ever wear—GUARANTEED! Backed by Swiftwick's unconditional guarantee, Hammer Nutrition compression socks are an extremely worthy addition to your training and racing strategy!

12" Socks $24.95
COLOR : White
SIZE : S-XL

4" Socks $13.95
COLOR : White or Black
SIZE : S-XL

MADE IN USA



Bergamo Knee and Leg Warmers
(KNEE WARMERS NOT SHOWN)
Comfortable, anatomical, can be worn with Voler or Bergamo shorts/bibs. Grey with red logo.

PRODUCT	SIZE	PRICE
LEG	S/M, L/XL	**$21.95**
KNEE	S/M, L/XL	**$18.95**

Bergamo
Ride Italian

Bergamo Hot Weather Short Sleeve $49.95
A premium, highly ventilated and breathable jersey with raglan sleeves, three back pockets, full-length hidden zipper, and gel gripper on waist.
SIZE : S-XL

MADE IN ITALY

Bergamo Premium Bibs $83.95
Unbeatable, all-day chamois. Double layer, flat leg cuff has no elastic or silicone gripper for greater comfort and style. If you want the most comfortable bibs for wearing 6,12, 24 hours or more, look no further.
SIZE : S-XL

Bergamo Hot Weather Long Sleeve $59.95
A premium, highly ventilated and breathable jersey with raglan long sleeves, three back pockets, full-length hidden zipper, and gel gripper on waist.
SIZE : S-XL

HAMMER NUTRITION 1987–2012 25 Years of Endurance

Ted Dunson closes in on 1st place in his age group, and 3rd overall, at the Toyota US Open Sprint Triathlon. Photo : Louellen S. Coker

Men's Tri

Clothing for athletic multitaskers

MADE IN USA

VOLER

Completely redesigned for 2012!

Headsweats visor **$14.95**

COMPLETELY REDESIGNED
Men's Tri Skinsuit $98.50
18" hidden zipper, t-back racing design, double rear pockets, nylon binding around arm holes, silicone gripper leg elastic.
Fabric-Forza / **Pad**-Sync
SIZE : S-XL

COMPLETELY REDESIGNED
Men's Tri Top $42.95
15" hidden zipper, t-back racing design, double rear pockets, nylon binding around waist and arm holes.
Fabric-Triton
SIZE : S-XL

NEW CHAMOIS
Men's Tri Shorts $42.95
6 panel ergonomic, tri-specific cut with silicone leg gripper.
Fabric-Triton / **Pad**-Sync
SIZE : S-XL

FABRIC KNOWLEDGE : SYNC PAD

MEN'S TRI SHORTS, MEN'S TRI SKINSUIT, WOMEN'S TRI SHORTS

A very thin, molded pad designed specifically for the triathlete. The super-soft surface and low-density foam reduces abrasion, retains minimal moisture, and dries very quickly.

Kids Cycling & Tri

Athletes come in all ages

Ryan Armes races the Ayahashi Youth Triathlon in Japan, finishing 8th overall and 3rd in his age group. Photo : Karla Armes

VOLER

MADE IN USA

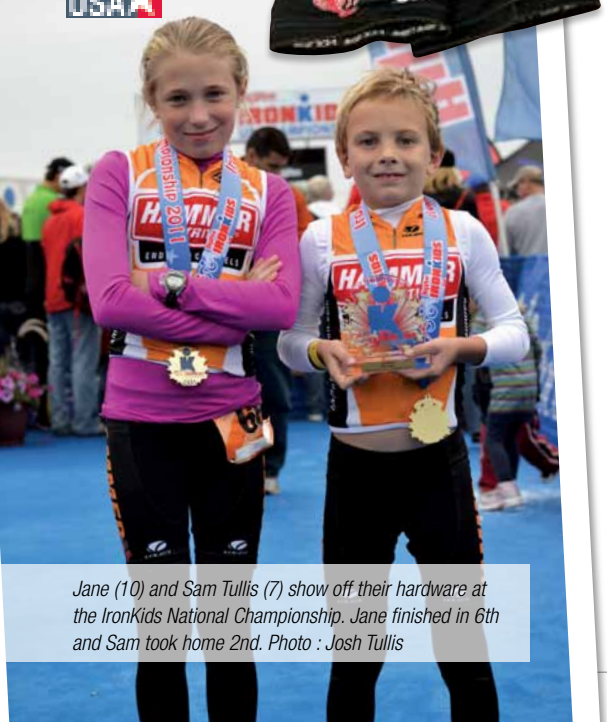
Kid's Short Sleeve Jersey $27.95
Mid-level collar, two rear pockets, 3/4-length hidden zipper.
Fabric-Airies Micro Plus
SIZE : S-XXL

Two rear pockets

Kid's Cycling Shorts $27.95
Nine-panel design for a great fit.
Fabric-Triton / **Pad**-Mono
SIZE : S-XXL

Kid's Sleeveless Tri Top $27.95
Lightweight poly/lycra grid fabric for a super-soft feel. 18" hidden zipper, large armholes to reduce friction.
Fabric-Aero Grid
SIZE : S-XXL

Kid's Tri Shorts $24.95
Nine-panel design with a tri-specific chamois.
Fabric-Triton / **Pad**-Sorento
SIZE : S-XXL



Jane (10) and Sam Tullis (7) show off their hardware at the IronKids National Championship. Jane finished in 6th and Sam took home 2nd. Photo : Josh Tullis

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Women's Cycling & Tri

Liberating technical wear

ARM WARMERS

Women's bibs now available!

VOLER

MADE IN USA
Excludes visors

Women's Short Sleeve Jersey $39.95
Mid-level collar, three rear pockets, full-length exposed zipper.
Fabric-Airies Micro Plus
SIZE : S-XL

WOMEN'S BIBS AVAILABLE
NEW CHAMOIS
Women's Cycling Shorts/Bibs $62.75/$66.95
Women's-specific chamois designed for extreme comfort and performance. Silicone leg gripper, flat seam construction. Now available in a women's-specific bib cut. Try 'em, you'll love 'em!
Fabric-Triton / **Pad**-Estrella
SIZE : S-XL

Women's Arm Warmers $29.95
Gripper around upper arm.
Fabric-Artico
SIZE : S-L

Women's Long Sleeve Jersey $59.95
Mid-level collar, three rear pockets, full-length exposed zipper.
Fabric-Geotherm
SIZE : S-XL

NEW WOMEN'S-SPECIFIC CUT
Women's Wind Jacket $69.95
High collar, mesh back/side/sleeve panels, dual directional zipper, three rear pockets.
Fabric-Vortex Ripstop
SIZE : S-XL (consult size chart on back of price list)

FABRIC KNOWLEDGE : ESTRELLA

WOMEN'S CYCLING SHORTS, WOMEN'S CYCLING BIB SHORTS

This pad was designed to offer extreme comfort and performance by eliminating unnecessary grooves and foam density transitions. Its 3D sculpted surface is a seamless landscape that provides support where you need it and minimizes abrasion-causing edges, logos, and molding.

We don't believe there's a weaker sex

LONG SLEEVE JERSEY

WOMEN'S WIND JACKET

COMPLETELY REDESIGNED
Women's Tri Top $42.95
T-back design, two rear pockets, 15" hidden zipper, built-in mesh liner, nylon binding around waist and arm holes. **Fabric**-Triton
SIZE : S-XL

WOMEN'S TRI TOP

WOMEN'S TRI SHORTS

Headsweats visor **$14.95**

NEW CHAMOIS
Women's Tri Shorts $42.95
Same features as our cycling shorts but with a tri-specific chamois. These will be your favorite tri shorts after your first wear. Comparable to garments costing two or three times as much.
Fabric-Triton / **Pad**-Sync
SIZE : S-XL

FABRIC KNOWLEDGE : AIRIES MICRO PLUS

MEN'S SHORT SLEEVE JERSEY, MEN'S SLEEVELESS JERSEY, DOWNHILL JERSEY, WOMEN'S SHORT SLEEVE JERSEY, KID'S SHORT SLEEVE JERSEY

Airies Micro Plus is constructed of 100% polyester microdenier yarns. These yarns make the fabric lightweight, providing breathability and durability, while giving the garment a soft, comfortable feel. Milled in the USA.

FABRIC KNOWLEDGE : TRITON

MEN'S CYCLING SKINSUIT, MEN'S TRI SHORTS, MEN'S TRI TOP, WOMEN'S CYCLING SHORTS/BIBS, WOMEN'S TRI TOP, WOMEN'S TRI SHORTS, KID'S CYCLING/TRI SHORTS

7 oz. micro spandex yarn construction. Highly breathable and durable fabric, with exceptional stretch to ensure the perfect fit. SPF rating of 35+. Milled in Italy.

Women's Cycling Socks $5.95
CoolMax®/ nylon/Lycra® combination. Wicking mesh uppers.
SIZE : S-L

DeFeet

HAMMER NUTRITION

1987-2012 25 Years of Endurance

Running

For the path . . .

Bill Vondermehden trains in the Alaska tundra for an upcoming 100-miler. Photo : Bill Vondermehden

RaceReady MADE IN USA

Cool-Tee - Red $27.95
Screened metallic logo on front and sleeve.
SIZE : S-XL

Cool-Tee - White $27.95
Screened logo on front and back, screened metallic logo on sleeve.
SIZE : S-XL

Women's Short Sleeve - Red $27.95
Now longer in length! Screened metallic logo on front and sleeve. V-neck.
SIZE : S-XL

Women's Short Sleeve - White $27.95
Now longer in length! Screened logo on front and back, screened metallic logo on sleeve. V-neck.
SIZE : S-XL

Trail Shirt $24.95
Screened logo on front and back. Back pocket.
SIZE : S-XL

Singlet $24.95
Screened logo on front and back.
SIZE : S-XL

Long Sleeve - Red $29.95
Screened metallic logo on front and sleeve of this ultra-lightweight, moisture-wicking, odor control shirt. UPF15.
SIZE : S-XL

Long Sleeve - White $29.95
Screened logo on front and back, screened metallic logo on sleeve of this ultra-lightweight, moisture-wicking, odor control shirt. UPF15.
SIZE : S-XL

Two competitors in the 2011 Badwater Ultra make their way through the desert. Photo : Ron Jones

NEW - Dryline® Zip Shirt $49.95
A tough, stretchy, four-season running shirt. Dryline® fabric pulls the moisture from your skin and dissipates it to the outside fabric surface for quick evaporation. The zipper allows you to calibrate your ventilation as you warm up on those brisk early morning runs. Gray.
SIZE : S-XL

RUNNING SHORTS
Available in men's and women's sizing.

Running Shorts $34.95
Longer, looser-fitting style with a 4" inseam. CoolMax® liner, drawcord, and five divided pockets on the back. Logo on left thigh.
Colors -Red or Black. Men's & Women's.
MEN'S SHORTS / SIZE : S-XL
WOMEN'S SHORTS / SIZE : S-XL (only available in black)

Women's Running Skirt $49.95
Stretchy and lightweight, with complete freedom of movement and a lower-waist design. 14" skirt length with an undershort made of Dryline® fabric. Five divided mesh pockets across the back and an inside credit card-size pocket. Logo on right thigh. Black.
SIZE : XS-XL

MADE IN USA RaceReady

Race Ready® Mesh Cap
$12.75

FABRIC KNOWLEDGE : READYTECH ARIES®

COOL TEE SHIRTS, WOMEN'S SHORT SLEEVE SHIRTS

ReadyTech Aries® is a trademarked fabric by Race Ready that not only has wicking and drying properties, but built-in odor protection as well. Licensed only to Race Ready, no other manufacturer has access to it.

FABRIC KNOWLEDGE : MICROMOVE®

RUNNING SHORTS

A soft, lightweight, breathable microdenier fabric that adds comfort to every move.

FABRIC KNOWLEDGE : DRYLINE®

DRYLINE ZIP SHIRT

A mid-weight, moisture-wicking fabric with odor control.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Swimwear
Poolside essentials

Brandyn Roark takes a break from the pool in her Hammer Nutrition swimsuit. Photo : Ron Storer

Don't forget the Pelle!
Ultra-Hydrating Skin Cream

0.3 oz. / $3.95
2.0 oz. / $19.95
4.0 oz. / $32.95

"Swimming in chlorinated pools for a minimum of several hours weekly, leaves my skin very ashy and dry. Pelle Eccellente goes on smooth, isn't too greasy, and it keeps my skin hydrated throughout the day!"
- Laura L., Masters Swimmer

SILICONE

BRIEFS

LATEX

JAMMERS

MADE IN USA
Swim caps printed in the USA

Men's Briefs $39.95
Drawstring for perfect fit, front lining, 100% polyester. Black with logos.
SIZE : 28-34 *even*

Latex Swim Cap $3.95
One size fits all, lightweight, tear-resistant edge. Red with logo on each side.

Women's Swimsuit $79.95
Thin straps, full coverage, front lining, 100% polyester. Black with logos.
SIZE : 28-36 *even*

Men's Jammers $44.95
Drawstring for perfect fit, front lining, 100% polyester. Black with logos.
SIZE : 28-34 *even*

Silicone Swim Cap $9.95
One size fits all, thicker than latex, won't fade or crack. Red with logo on each side.

NEW - Beach Towel $29.95
Large, prewashed, 100% woven cotton beach towel with a velour finish (not printed). Perfect for the pool or beach! 60"x 30."

Sport Towel $2.95
11"x18" towel with Hammer Nutrition logo.

The start of the Echelon Gran Fondo.
Courtesy : Hunter Zeising

We Support Your Sport!

Over 2,000 events in 2011

About 12 years ago, Hammer Nutrition sponsored just over 100 events annually. Since then, that number has grown exponentially to a staggering amount that is arguably unmatched by any other sports nutrition company. Our support of a wide range of endurance events, while certainly being a part of our marketing strategy, is also very much a significant way to support endurance sports and help ensure their continued success. The ever-increasing feedback we receive from athletes and race directors, all to thank us for providing product support for the events they compete in and/or produce, is clear evidence that our involvement is genuinely appreciated. The bottom line is that we're going to continue to help support your sport, whatever form of "endurance" it may be, and we'll continue to do it to the very best of our ability. As we're fond of saying, "If it's 'endurance,' chances are you'll see Hammer Nutrition there!"

FABRIC KNOWLEDGE : THERMAL MONDO

NORDIC WEAR

A soft, comfortable, stretchable knit with the ability to recover its shape after being stretched. Brushed back to retain body heat and wick moisture. UPF/SPF 50, 87% micro-polyester, 13% Lycra®

Completely redesigned for 2012!

Nordic

Old Man Winter doesn't stand a chance

NEW - Nordic Jersey $99.95
Highly technical performance jersey made of lightweight fabric and brushed inside to regulate temperature and wick moisture. Raglan sleeves accommodate a full range of motion. Elastic at wrists and hem.
SIZE : S-XL

NEW - Nordic Tights $89.95
Lightweight performance tights with brushed interior surface to regulate temperature and wick moisture. Seamless outer leg improves aerodynamics. Elastic with adjustable drawstring at waist.
SIZE : S-XL

Winter beanie pg.58
$19.95

LOUISGARNEAU
MADE IN CANADA

Reversible beanie pg.58
$12.95

Hot Chocolate Recoverite to keep you warm!

Mix chocolate Recoverite with 4-8 ounces of hot water and consume immediately after workouts and races. Consume another serving 60 minutes later if a solid food meal or Recovery Bar is not planned.

SIZE	PRICE
Single Serving	**$3.25**

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Casual Wear

Sit back and relax

The short sleeve anniversary tee is also available in kids sizing! Check the website for details.

MADE IN USA

Excludes mens sweatshirt

Anniversary Hooded Sweatshirt $39.95
Hanes 80/20 blend, Hammer logo on front chest, right sleeve, and back. Front zip and front pockets. Black.
SIZE : S-XL

Anniversary Short Sleeve $14.95
4.2 oz., 100% ring-spun cotton from Bella. Slim fit. Front chest logo, anniversary logo on back. Asphalt.
SIZE : S-XL

Anniversary Long Sleeve $19.95
4.2 oz., 100% ring-spun cotton from Bella. Slim fit. Front chest logo, anniversary logo on back. Dark Gray Heather.
SIZE : S-XL

Fuel Short Sleeve $14.95
4.2 oz., 100% ring-spun cotton from Bella. Slim fit. Front chest logo and logo on back. Steel Blue.
SIZE : S-XL

Baseball Cap
$19.95

Women's Anniversary Hooded Sweatshirt $35.95
9.0 oz., 100% french terry cotton. Two-way metal zipper. Sporty, feminine fit. Made by District Threads. Red.
SIZE : S-XL

Women's Dandy Short Sleeve $14.95 *(opposite page)*
4.2 oz., super soft, sheer rib tee with a slim fit, a touch of spandex, and a longer length. Preshrunk. Made by Bella. True Royal.
SIZE : S-XL

Women's Anniversary Short Sleeve $14.95
4.2 oz., super soft, sheer rib tee with a slim fit, a touch of spandex, and a longer length. Preshrunk. Made by Bella. Granite.
SIZE : S-XL

Women's Anniversary Long Sleeve $19.95
4 oz., super soft, sheer rib tee with a slim fit, a touch of spandex, and a longer length. Preshrunk. Made by Bella. Midnight.
SIZE : S-XL

Women's Yoga Pants $24.95
Fold-over waist, slightly flared leg. Cotton/spandex jersey construction. 33 1/2" inseam. Form-fitting. Made by American Apparel. Black.
SIZE : S-XL

Hammer staffer Katey Scott enjoys a day on the lake. Photo : Derek Biby

Clothing photos throughout this catalog are a printed representation of the garment. Actual clothing colors may vary slightly.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Extras Accessorize!

NEW - Hammer Gear Bag $64.95
The new Italian-made Hammer Gear Bag is large enough to accommodate all of your gear, giving you an easy way to organize for race days or traveling. The lower compartment, with plastic bottom and sides, is perfect for keeping shoes, wet gear, or dirty clothing separate from the rest of your equipment.

- Made with heavy weight nylon
- Thick handles with plastic comfort grip
- Large soft-sided compartment
- Zippered top closure with tabs for easy access
- Lower compartment with zippered closure
- Footprint: 20"x12" / Height: 17" / Big Compartment: 19"x12"x11" / Small Compartment:19"x5"x11"

Gel-Bot Soft Flask $9.95
8 oz., soft bite valve, collapsible, dishwasher safe. BPA-free.

All bottles and flasks are BPA-free!

Nalgene Bottle $8.95
32 oz. wide-mouth bottle in red. Logo on one side. BPA-free.

Water Bottles
21 oz. Fizz and 24 oz. Hammer wide-mouth Specialized® water bottles. BPA-free.

SIZE	PRICE
21 oz.	**$2.95**
24 oz.	**$3.50**

Polar® Bottle $10.95
24 oz. insulated water bottle. BPA-free.

Blender Bottle $7.95
20 oz. total capacity, BPA-free bottle with patented stainless steel Blender Ball® inside.

Hammer Flask $1.95
High-density polyethylene with molded finger grips and secure cap to keep dust out. BPA-free. 4.25 oz.

Capsule Dispenser $0.50
Clear with logo.

Double Clip Flask Holder $10.75
Two strong clips fit over the waistband of shorts.

Bike Mount Flask Holder $12.35
Heavy duty adjustable velcro attaches securely to your bike.

Bike Mount Tri Box $14.95
A bento-like box to hold all of your goodies. Attaches to the top tube and the stem of your handlebars. Made in the U.S. and lined with vinyl for ease of cleaning. Velcro closure. 5”x4”

Bike Mount Seat Bag $13.95
A great way to carry tubes and tools, this rear-entry cargo bag is made in the U.S. and lined with vinyl for ease of cleaning. Zipper closure. 6”x4”

Quick Coin $0.95
Perfect for carrying your supplements while training or racing. Colors may vary.

NEW - Wrap Pack $8.35
Carry your ID, keys, and cash in this waterproof/sweatproof zippered pouch. 5.25”x 4”

Hammer Patch $1.45
Thin, woven patch of Hammer Nutrition badge.

Sticker Pack $0.50
Five stickers, two designs per pack.

Tattoos $0.35
Two designs per pack.

HEED Cooler $39.95
5-gallon Rubbermaid® plastic cooler with easy-pour spout, side handles, and screw top lid.

Sport Towel $2.95
11”x18” towel with Hammer Nutrition logo.

Hammer Banner $25.95
Large logo on white vinyl, 60”x30.”

Hammer Sack $8.95
Roomy, 100% cotton sack for carrying your gear. Approx. 12”x24.”

MADE IN USA Excludes Soft Flask, Flask Holders, and Blender Bottle.

Anniversary Pint Glass $3.75
16 oz. pint glass. Logo on each side. Made in the U.S.

Purist bottles from Specialized®

The first water bottle that offers a taste as pure as drinking from a glass, with all the advantages of a flexible bottle. Features include a protective barrier inside that prevents odors, stains, and mold from permanently attaching; the Watergate™ cap with a self-sealing Heart Valve™ to prevent leaks; and a clearview strip to make liquid analysis easy.

SIZE	PRICE
22 oz.	**$8.95**
26 oz.	**$10.95**

Photo : Matt Maassen

NEW
Beach Towel $29.95
Large, prewashed, 100% woven cotton beach towel with a velour finish (not printed). Perfect for the pool or beach! 60”x 30.”

HAMMER NUTRITION 1987–2012 25 Years of Endurance

Headwear

Put a lid on it!

Carl Drew and Brad Weimert keep their heads warm with the winter beanie while preparing for a technical "knife-edge" ridge descent on Mont Blanc's 3 Monts route. Photo : Carl Drew

SweatVac® Winter Beanie $19.95
15 oz. DriSmart™ shell with twin layer. Transpor™ liner. Certified 40+UPF sun protection. Ultra-thin profile. Embroidered logo on front.

NEW DESIGN
Race Ready® Mesh Cap $12.75
Velcro closure, mesh sides, low profile, terry headband, black no-glare underbrim. Embroidered logo.

NEW DESIGNS
Headsweats® Visor $14.95
Lightweight (1.5 oz.), sublimated design that won't fade or wear out. Hook and loop closure back for easy adjustability. Made of highly breathable, quick-drying Eventure fabric. Machine washable. Anniversary or Hibiscus.

NEW DESIGN
SweatVac® Ventilator Cap $13.95
One-piece shell with mesh top. Certified 40+UPF sun protection. Ultra-thin profile. Logo on front.

NEW DESIGN
Pace® European Cycling Cap $12.95
Mesh fabric & absorbent sweatband.

Baseball Cap $19.95
100% cotton, 6-panel, precurved bill with adjustable self-fabric strap. Embroidered logo.

NEW DESIGN
Pace® Mesh Helmet Liner $12.95
100% CoolMax® mesh with adjustable elastic drawcord and KoolFit® elastic sweatband with No Sweat Stripe.

HALO HEADBANDS

Designed to keep sweat and sunscreen out of your eyes and off your glasses while training, working out, racing, or just working hard. Works great under helmets.

NEW DESIGNS

Halo™ Protex $21.95
Black or White

Halo™ Headband $12.95
Black or White

Halo™ Antifreeze $16.95
Black

Halo™ Headband II $12.95
Black or White

Reversible Knit Beanie $12.95
Fine gauge reversible knit beanie.

MADE IN USA Excludes visors and baseball cap

Tents for events

Have it made in the shade

We've had an increasing number of requests from our clients, sponsored athletes, sponsored teams and clubs, and Hammer Nutrition retailers, all of whom want us to make our oh-so-cool-looking, durable, 10'x 10' tent canopies available. Well, you asked and we listened!

We now offer two options, both of which we'll drop-ship directly to your door.

Each 10'x10' tent is screen printed on 600 denier polyester and includes a powder-coated steel frame, four stakes and ropes, and a carry bag. Assembly is quick and simple, with patented pull pins for easy setup and height adjustment.

Tent 1: Racing Team

This tent has an alternating crank and badge logo top with "Racing Team" printed on all four sides of the valance. We'll have a half-dozen or so of these premade, so they'll be available to ship to you shortly after ordering.

$675.00 + shipping*

Tent 2: Semi-custom

This tent features the alternating crank and badge logo top, with a "your name here" area for custom printing on all four sides of the valance. Each semi-custom canopy will be made-to-order and requires approximately four weeks for production and shipping.

$795.00 + shipping*

*Shipping charges will apply to all tent orders, determined by weight and destination.

Other event essentials

HEED Cooler $39.95
5-gallon Rubbermaid® plastic cooler with easy-pour spout, side handles, and screw top lid.

Sticker Pack $0.50
Five stickers, two designs per pack.

Hammer Banner $25.95
Large logo on white vinyl, 60"x30."

HAMMER NUTRITION and Compex®

Giving you the ultimate competitive edge

Incorporating Compex Neuromuscular Electrical Stimulation (NMES) into your training routine will allow you to:

- Get the ultimate muscle warm-up
- Dramatically increase muscular endurance
- Optimize muscle recovery (minutes instead of days!)

More benefits!

- Enjoy a "runner's high" endorphin flood anytime
- Increase muscle power & strength, size if desired
- Accelerate rehabilitation & injury recovery
- Avoid loss of muscle fitness during periods of inactivity
- Get a massage anytime you want

Compex is FDA-cleared.

Over the past 20 years, Compex has become the leader in electrotherapy through extensive research and innovation. Compex's flagship electrostimulation devices are an essential ally to health care professionals and the most demanding athletes in the world. For the past 24 years, Hammer Nutrition has been the leader in educating athletes to fuel properly and since 2006 has been the leader in NMES education in the US. Together, Compex and Hammer Nutrition are your best choice for all things NMES.

NMES technology is universally accepted and widely used in Europe for physical preparation, muscular recovery, injury prevention, rehabilitation, pain relief, muscular reinforcement, physical beauty, and more.

Whether you are a professional athlete, weekend warrior, or somewhere in between, Compex electrostimulation devices provide a potent tool to enable you to achieve, and even exceed, your highest athletic goals.

NMES consultations with our experts!

Jim Bruskewitz, NMES expert

30-minute consultation

Consists of unboxing the device and connecting cables, pads, and charger. Proper pad placement discussion, program familiarization, and first use of the Active Recovery program.

PRICE **$49.95**

60-minute consultation

Includes everything in the 30-minute consultation plus discussion and guidance on use of programs (varies depending on unit purchased), integration into your daily training regimen, stacking NMES workouts on top of conventional workouts, and more.

PRICE **$79.95**

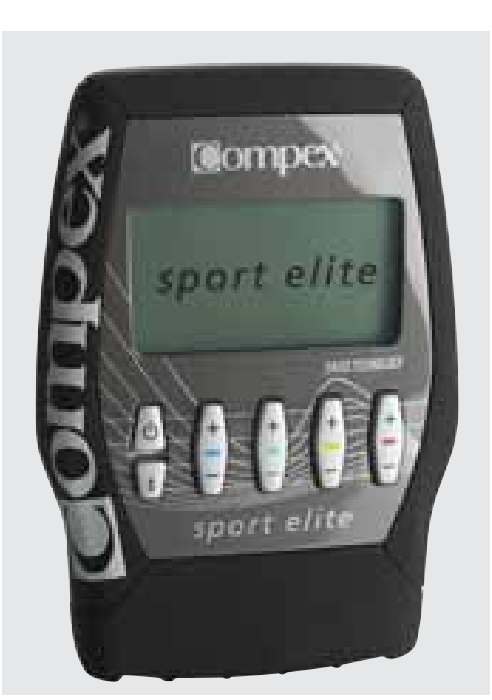
Advanced consultations

After completing both the 30-minute and 60-minute initial consultations, additional consultation time can be purchased for $60 per hour. Quickly become an "advanced NMES user" and get the most out of your Compex device by working "one on one" with an NMES expert versed in all aspects of this powerful device and technology. Discounts are available for multi-hour packages as well, ask your advisor for details.

PRICE **$60.00***

*Per hour.

Compex NMES is ideal for all athletes



Sport Elite

The Sport Elite muscle stimulator is recommended for the competitive/high-performance athlete who has a rigorous training and exercise regimen. It features a total of nine programs and five levels of progression that will keep elite athletes challenged with every training session, resulting in a true competitive advantage!

PRICE
$849.00

All models include a muscle stimulator, battery charger, user's manual, instructional DVD, electrode placement guidebook, carrying case or bag, electrode lead wires (4X), and gel electrodes.

Programs include:

- Endurance
- Resistance
- Strength
- Explosive Strength
- Potentiation
- Active Recovery
- Recovery Plus
- Pre-Warmup
- Massage

Performance U.S.

The Performance U.S. muscle stimulator is recommended for the fitness enthusiast and/or the athlete who engages in frequent competition. It features a total of five programs with five levels of progression to help competitive athletes achieve the highest level of performance.

PRICE
$579.00

Programs include-Endurance, Resistance, Strength, Pre-Warmup, and Active Recovery.

Replacement pads and accessories

Hammer Nutrition is your NMES headquarters for replacement pads, replacement parts, accessories, and more. Check out www.hammernutrition.com/NMES for all of the details.

Order Today!

Order your Compex NMES unit from Hammer Nutrition and enjoy these exclusive FREE bonuses:

30-minute consultation - FREE
A $49.95 value!

2 free sets of electrode pads - FREE
A $29.90 value!

90-day money back guarantee - FREE
Priceless!

Real Athletes, Real Results!

"The Compex has been a huge part of my training and recovery this year. I've had hip surgery in recent years and never fully regained the strength I lost in my glutes and hamstrings. Adding the Compex to my training and recovery regimens has helped me make great strides in getting these muscles to function properly again. I'm biking and running better/faster than I have since before my injuries. I couldn't be happier. Also, I recently turned 40 and my body doesn't recover like it used to. Adding the Compex to my recovery regimen has made a noticeable difference in my ability to train at a high level daily, many days being 2-a-days." - Deb M.

"I can't put into words how this has helped me. The removal of pain is priceless. Being able to get out of bed and move without pain is GREAT! This unit helped me as soon as I received it and used it the same day. So I say to Compex and Hammer Nutrition. THANKS BIG TIME!!! I am on the way to getting my life back. This is PRICELESS!!!" - Greg Q.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

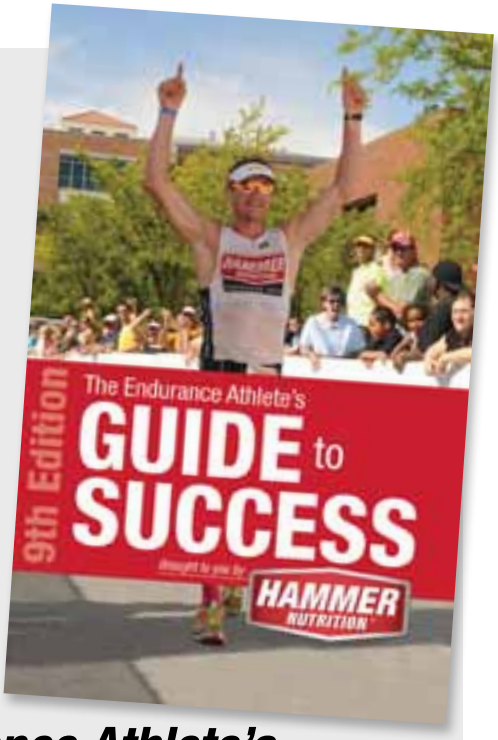
The Bookstore

Pages and pages of knowledge

The Hammer Nutrition Fuels & Supplements– Everything You Need To Know

This 58-page book contains three aticles that will "arm" you with all of the information you need on each and every Hammer Nutrition fuel and supplement. We have no doubt that this book will be invaluable in helping you enjoy more productive workouts and better results, so you'll want to refer to it often!

PRICE
$4.95



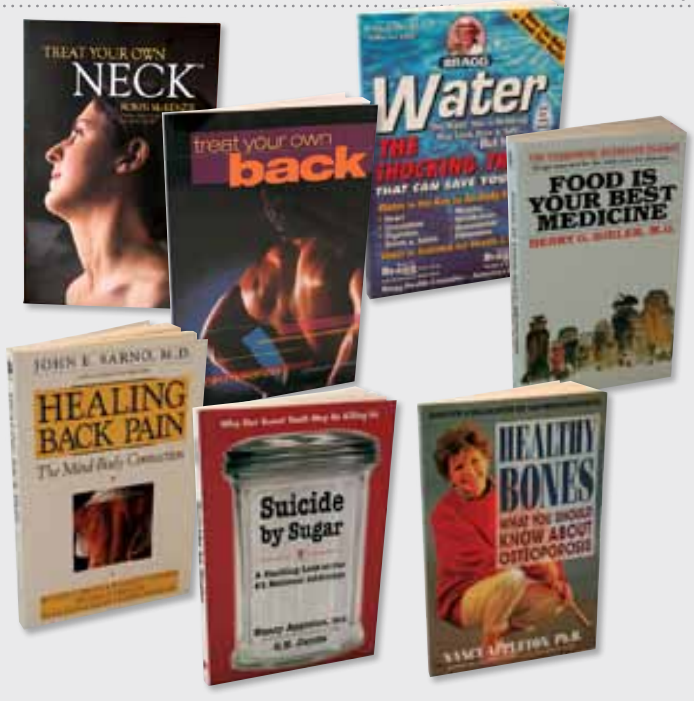
9th Edition

The Endurance Athlete's GUIDE to SUCCESS

For years, endurance athletes have been bombarded with–and probably confused by–the plethora of concepts regarding the proper fueling of their bodies prior to, during, and after exercise. To the rescue comes ***The Endurance Athlete's GUIDE to SUCCESS***, which cuts through all of the hoopla and provides a primer regarding these important issues. With over 550,000 copies in circulation, it's a trusted source of legitimate information.

PRICE
$7.95

Every new client receives a free copy with their third order. Additional copies are $7.95, or you can download the PDF for free at www.hammernutrition.com. (*Limited to stock on hand.)*



Treat Your Own Neck $9.95
Understand the causes, treatments, and exercises to help relieve pain and prevent recurrence.

Water: The Shocking Truth $11.95
The power of pure water is the vital chemistry of life.

Healing Back Pain $11.95
If you suffer from back pain that has not been remedied by physical therapy, yoga, or Pilates, you must read this book!

Healthy Bones $11.95
Dr. Nancy Appleton applies her body chemistry principles to the problem of osteoporosis.

Treat Your Own Back $9.95
Understand the causes, treatments, and exercises to help relieve pain and prevent recurrence.

Food Is Your Best Medicine $7.95
Address a variety of ailments with specific nutritional approaches.

Suicide by Sugar $12.95
Dr. Nancy Appleton continues her crusade against sugar with the latest information drawn from medical journals and her clinical experience.

FREE Knowledge

Put your wallet away, it's not needed here

Endurance News - FREE

Relevant news for endurance athletes since 1992

- Training tips
- Science-based articles
- Athlete spotlights
- Nutrition hints
- Proper product usage
- And more!

Our magazine, published every 60 days, features insightful articles on diet, nutrition, training, and other topics of interest to endurance athletes, including how to optimize the use of Hammer Nutrition fuels and supplements. More than 84 full-color pages of helpful information. Published continuously since 1992.

Ask a Client Advisor how you can receive Endurance News!

FREE electronic subscription : Go to www.hammernutrition.com/EN

Website - FREE

The Hammer Nutrition website has been designed with your needs in mind. Our website offers a user-friendly look and feel with easy access to our entire line of products.

- Streamlined checkout
- Fully integrated sponsored events calendar
- One-stop Quick Order page
- Convenient reordering capability
- Superior knowledge for maximizing performance
- Personalized product recommendations
- REAL customer feedback
- Community of Hammer Nutrition athletes
- Electronic newsletter sign-up
- Exclusive Hammer Nutrition media/news

Athlete Education Series - FREE

The *Athlete Education Series* is a printed, weekly resource that provides the science and rationale behind specific Hammer Nutrition fuels and supplements, along with other helpful tips. Armed with this information, you'll have a greater knowledge of the various Hammer Nutrition products, what they contain and why, and how best to use them.

FREE electronic subscription :
Go to www.hammernutrition.com/AES

Join our virtual community - FREE

Endurance Forum - FREE

Our "clients only" discussion group hosted by Brian Frank, Steve Born, and a panel of professional athletes, coaches, and experts in just about anything even remotely related to endurance training. **www.hammernutrition.com/forums/**

Video - FREE

Visit the Hammer Nutrition website where you can watch and listen to Steve Born and Dustin Phillips provide information on each of the Hammer Nutrition products, optimal usage, and our fueling strategies.

HAMMERBUCK$

Turn race day into payday!

Over $28,000 in cash and credit awarded to 35 winners in 2011!

Real Athletes, Real Results!

"I just wanted to give a big thanks for the Hammerbuck$ program; I couldn't be more proud to represent Hammer Nutrition! The program helps me continue to be able to afford to compete now that I am retired." - Steve S.

Above left to right : Just a few of the 2011 Hammerbuck$ winners; Kayleen Uibel, Steve Gerbig, Joel Sothern, Rhonda Claridge, and Matt Galluzzo

What it is:

Hammerbuck$ is a cash and credit contigency program that we began in 2008 as a way of rewarding athletes finishing in the top echelon in specific races who use Hammer Nutrition fuels and supplements and wear Hammer Nutrition logo clothing during the event and while on the podium.

Start winning today:

If you're ready to be a Hammerbuck$ winner, go to . . . **www.hammernutrition.com/deals/hammer-bucks/** for complete details, including requirements, a listing of eligible events, prize payouts, and more.

HAMMER NUTRITION

53x11 COFFEE

Delicious world-class coffee, micro-roasted and delivered fresh to your door

Welcome to 53x11 Coffee, where ardent cyclists meet amazing coffee. Shift into your big gear and hammer life to the fullest—beginning with your morning cup of joe. Our hand-selected beans represent a dedication and passion resulting in superior coffee that even the most discerning java drinker will enjoy. 53x11 Coffee begins with the skilled, artisan farmers who practice sustainable organic methods in an effort to enhance environmental quality for future generations. It is then carefully roasted in small batches and delivered fresh, right to your door. There's a lot of love in each delicious cup, so drink up, enjoy, and ride ready!

Do you love a good deal almost as much as you love coffee? Join our coffee club!

Turn the page for more details.

USDA ORGANIC

The Big Ring

This is a coffee from the far reaches of Indonesia. 100% Sumatra coffee medium-roasted to a very specific profile that brings out all of the richness and flavors. The Big Ring is 100% Fair Trade Certified and 100% organic. You won't be disappointed in this full-bodied, yet smooth coffee.

SIZE PRICE
12 oz. **$13.95**

The Chain Breaker

A medium to darker roast meant for espresso as well as drip. A secret blend that will bend the cranks and break the chain. Made up of beans from four countries to give you a full-bodied flavor. The Chain Breaker coffee is 100% Fair Trade Certified and 100% organic.

SIZE PRICE
12 oz. **$13.95**

The Early Break

A very unique blend that comes from five different countries, our medium-roasted coffee gives you a complex cup with tons of individual bean flavor. Bright, lively, and nutty. A perfect morning cup of coffee. Also 100% Fair Trade Certified and 100% organic.

SIZE PRICE
12 oz. **$13.95**

The Down Shift

Our secret blend is a natural, water-process decaf. This coffee is 100% Fair Trade Certified and 100% organic. It is so good, you'll never know it's decaf. Look for a smooth, full-bodied cup every time.

SIZE PRICE
12 oz. **$13.95**

HAMMER NUTRITION

53x11 COFFEE

Ultimate Coffee Convenience

53x11 Monthly Coffee Club

Roasted fresh and delivered to your door!

Join today and receive a FREE "Perfect Cup of Coffee" kit (a $20 value), plus discounts on clothing and accessories up to $89.90*!

If you've never tasted 53x11 Coffee, you'll be a fan after your first cup, guaranteed. Each 53X11 Fair Trade Certified, 100% organic coffee blend is micro-roasted daily to our exact specifications. Now you can have these supreme coffee beans automatically shipped to your door each month! All you need to do is select how many bags you would like to receive and a combination of our delicious blends, and we will do the rest!

Coffee Satisfaction Guarantee: If you are not satisfied with our coffee, send back the remaining beans within 30 days and we'll refund the purchase price.

Eat healthy, live happily, practice a sustainable lifestyle, be your best both on and off your bike, and enjoy the finest coffee in the world. Drink up, enjoy, and ride ready!

Ride Ready in this 53x11 Cycling Kit

For more information call one of our friendly Hammer Nutrition Client Advisors or join today at www.53x11coffee.com!

*Savings based on clothing and accessories discounts offered exclusively to Monthly Coffee Club members. Perfect Cup of Coffee Kit consists of premium coffee mug, mug-top brew unit, and filters.

HAMMER NUTRITION 1987-2012 25 Years of Endurance

Four peaks, 30 miles, 12,000'–another successful day for Brad Lamson in Glacier National Park. Photo : Erich Pietzch

NEW!

HAMMER RECOVERY BAR

Bite into better recovery

- **High-quality whey protein**
- **70% organic ingredients**
- **Gluten-free, GMO-free, certified dairy kosher**

Whether on its own as a solid-food recovery fuel, a second meal after your immediate post-workout/race bottle of Recoverite, or as an occasional snack to bolster your daily protein intake, the Hammer Recovery Bar fits the bill perfectly. Each gluten-free, GMO-free, certified dairy kosher Hammer Recovery Bar is comprised of 70% organic ingredients, including ample amounts of carbohydrates, a whopping 20 grams of a cold-processed whey protein blend derived from grass-fed cows, and a full eight grams of fiber. The Hammer Recovery Bar is fortified with vitamins and minerals; it's an especially good source of calcium, magnesium, and potassium. The Hammer Recovery Bar also contains added amounts of post-exercise-beneficial amino acids (L-Glutamine, L-arginine, L-Leucine, L-Valine, and L-Isoleucine). For enhanced absorption, the Hammer Recovery Bar also contains a full spectrum of digestive enzymes. Best of all, the Hammer Recovery Bar's peanut butter-chocolate combination is addictively delicious!

SIZE	75g Bar
PRICE	**$3.50**
	$3.25 12 or more

Nutrition Facts

Serving Size One bar (75g)

Amount Per Serving	
Calories 330	Calories from Fat 126
	%Daily Value
Total Fat 14g	**22**%
Saturated Fat 5g	**25**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 80mg	**3**%
Total Carbohydrate 25g	**8**%
Dietary Fiber 8g	32%
Sugars 16g	
Protein 20g	
Vitamin A	25%
Vitamin C	35%
Calcium	35%
Iron	35%

INGREDIENTS

Ingredients: Organic Peanut Butter, Whey Protein Blend (Grass Fed Cold Processed Whey Protein Concentrate, Grass Fed Micro-Filtered Cold Processed Whey Protein Isolate), Organic Dark Chocolate (Organic Evaporated Cane Juice, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Soya Lecithin), Organic Cane Nectar, Organic Inulin, Organic Brown Rice Protein, Organic Peanut Flour, **Vitamin Blend** (Vitamin A 624 IU, Potassium 437.2mg, Calcium 125mg, Magnesium 50mg, Vitamin D-3 50 IU, Ascorbic Acid 7.5mg, Vitamin E 3.75 IU, Niacinamide 2.5mg, Iron 2.25mg, Zinc 1.87mg, Pantothenic Acid 1.25mg, Copper 0.25mg, Manganese 0.25mg, Pyridoxine 0.25mg, Riboflavin 0.212mg, Thiamin 0.187mg, Chromium 0.14mg, Folic Acid 0.05mg, Biotin 0.037mg, Iodine 0.018mg, Vitamin K-1 0.009mg, Selenium 0.008mg, Vitamin B-12 .7mcg), Glycerin, Citrisweet, **Amino Acid Blend** (L-Glutamine 250mg, L-Arginine 250mg, L-Leucine 250mg, L-Isoleucine 125mg, L-Valine 125mg), Organic Vanilla, **Enzyme Blend** (Papain 27.1mg, Amylase 27.1mg, Protease 25.4mg, Bromelain 16.9mg, Lipase 15.2mg, Lactase 7.4mg, Maltase 2.2mg, Cellulase 0.7mg).

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DIRECT

Client Number

Key Code

Enjoy the Hammer Nutrition Advantage

Joint health second to none

- Reduce pain, inflammation, & swelling
- Increase joint integrity & mobility
- Stop NSAID use

SIZE 120 Capsules

PRICE **$28.95**
$26.50 3 or more

Quality clothing!

SIZE
S-XL Jersey
S-XL Shorts

PRICE **$39.95** Jersey
$68.95 Shorts

Men's short sleeve jersey and premium cycling shorts shown. More styles starting on page 42.

Electrolytes done right

- Superior cramp prevention
- Full-spectrum electrolytes
- Well-balanced formula
- Six delicious flavors

SIZE 13 Tablet Tube
100 Wrapped Singles

PRICE **$6.50** Tube
$5.50 3 or more*
$39.95 Wrapped Singles

**Mix and match flavors.*

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Carry your ID, keys, and cash in this waterproof/ sweatproof zippered wrap pack. 5.25"x 4" PRICE **$8.35**

Order today! **1.800.336.1977 / www.hammernutrition.com**

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